OVERCOMING EMOTIONAL EATING GOD'S WAY

TAKE BACK YOUR TEMPLE.COM

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Disclaimer

The information in this report should be considered as general information only and should not be used to diagnose medical conditions. Please see your health care provider for diagnosis and treatment of any medical concerns you may have, and before implementing any diet, exercise or other lifestyle changes.

Note: This report is written specifically for those who have made Jesus Christ their personal Savior and have an existing relationship with God.

If you do not have that relationship or want to reconnect with God, then click here to learn how.
Does this Sound Familiar?

You are having a very stressful day at work. Suddenly, you feel hungry. An image of your favorite cookies flashes in your mind. You remember that a packet of them is in the vending machine.

You briefly think about that apple in your desk. Just that morning, you decided to start a diet because you need to lose weight. You tell yourself that apple would satisfy your hunger too.

But then another voice whispers: "You know you don’t want that."

You see yourself eating the cookies. You think about how the cookies will taste and how the sugar buzz will feel after you eat them. Without even being aware of it, all of the memories of eating cookies flood your mind.

You think that it would feel good to "treat" yourself to the cookies. They make you feel special and comforted.

You dig in your purse for money. You walk to the vending machine, insert the money, and out pops the cookies.

You sit down at your desk. You eat the cookies quickly, almost as if you are afraid someone will take them away. They taste good and you experience a tension release.

But then, guilt sets in. Didn’t you promise yourself you were going to lose weight this time? You remember all the other times you tried to lose weight only to fail. You feel discouraged. "I just don't have any discipline" you tell yourself.
You shake your head. You want to get out of this cycle, but you don’t know how.

Have you ever experienced a situation like this? I have too many times to count.

However, God showed me a simple way to handle it. If you take the short prayer I will teach you and put it into practice, you will overcome emotional eating.

Let’s start our time together with a word of prayer, adapted from Colossians 1:9-14 (NLT):

Heavenly Father, in Jesus’ name,

I pray that You give each person who reads this report complete knowledge of Your will and to give them spiritual wisdom and understanding; that the way they live will always honor and please You; that their lives will produce every kind of good fruit for Your glory; that they know in their hearts how much you love them, and that they will grow Spiritually as they learn more about You with each passing day.

I also pray that they will be strengthened with all Your glorious power so they will have all the endurance and patience they need. May they be filled with joy always thanking You. For You have rescued us from the kingdom of darkness and transferred us into the Kingdom of Your dear Son, who purchased our freedom and forgave our sins.

In our Lord and Savior Jesus Christ, Amen.
What Do I Know?

You might wonder what gives me the experience to talk about this subject? Back in 2003, I felt like I had the weight of the world on my shoulders.

Because I felt that way mentally, the weight soon began to show itself physically. From emotional eating, my weight had increased until it reached 240 pounds.

I thought dieting would fix the problem. I tried every diet known to man, even the liquid diet that Oprah tried.

I lost the weight, but I gained it back plus more.

Why? It’s not hard to see - my emotional eating habit remained!

Going on diets was just a temporary bandage.

As soon as I felt emotions, stress, or temptations that were too much for me to handle, food was waiting with open arms. But I didn’t know any other way to live.

My Turning Point

One day, I had a chest pain that took my breath away. I was obese and having blood pressure problems. When I had that chest pain, my life
freeze framed; instantly, I recalled that my grandmother had died at the age of 47 of a stroke.

I was headed down the same path. I was only 38 years-old at the time.

But while I was standing in my living room, terrified of moving because I was convinced that I would have a heart attack and die, God spoke to me clearly.

He said, “It is not supposed to be this way.”

I Chose Life

In that moment, I had a choice. I could either accept that what God was saying was true or I could continue living with what I thought was true.

In that silence, I made a decision. I decided to believe God.

When I got courage to move, I sat down and grabbed my purse. I had a doctor’s appointment card later in the week to follow-up on my blood pressure. I took out the card and wrote on the back of it:

“Today is the day I turn my life around.”
And you know what? Because I accepted God’s word as true, He did turn my life around!

I lost the excess weight, **dropping from a size 22 to a size 8**. I gained peace, joy, and confidence in the future. Was it always easy?

No.

But I can tell you it was worth it. The best part was that I discovered that **God can be trusted and that His word is true.**

Jesus is the Great Physician. He healed my emotional pain and comforted me during tough times. God can do the same for you.

If the thought of laying aside emotional eating is scaring you then ask yourself: Where is this fear coming from? It is not coming from God.

"For God has not given us a spirit of fear, but of power and of love and of a sound mind (2 Timothy 1:7)."

Will you chose life?

If you believe God and want to learn to handle your emotions differently, then listen as I share how to overcome emotional eating – God’s way.
Overcoming in the Spirit

You might know the right things to do concerning your eating, but that is useless if you lack the power to do them. Now, I am not talking about willpower. That is useless too and I'll tell you why later in this report.

Emotions can overwhelm you when you look at an obstacle (Your current situation, your past, temptations, or people conflicts), then look to yourself. When you compare your obstacle to yourself, you often judge yourself inadequate to handle the obstacle.

And you know what? You can't handle it. **Alone.**

But you are not alone.
As God's child, you have Jesus living inside of you through the power of the Holy Spirit. That is pretty amazing, isn't it?

When you said the prayer of salvation, you became a new creation spiritually (see 2 Corinthians 5:17). Many Christians don't realize how important this revelation is.
According to Romans 6:4-11, you were crucified with Jesus when He took on your sins. You were buried with Him. When He rose again on the third day, so did you! So the old you who went into the grave is not the same person who came out!

You are now united with the resurrected Christ through the power of the Holy Spirit:

Galatians 2:20: “I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.”

When you are overwhelmed or troubled with anything, you can now say a simple four-word prayer at that moment:

"Jesus, live through me."

What you are saying is: "Jesus, I can't do this. But I know You can. So I need You to live out Your life through me."

This is a prayer of humility, recognizing that you serve One greater than yourself. When you pray, breathe out and release any physical tension that you are carrying. You are casting your cares on Jesus (1 Peter 5:7).
Jesus, Live Out Your Life Through Me.

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Expect to receive peace, wisdom, guidance, and **power** to do what He says! Receive it by faith.

Now your flesh may resist letting Jesus live through you. This will be especially true if you are used to being in control.

But how is that working for you? It’s wise to let Jesus do it.

Whenever your flesh or emotions rise up, you will always experience these feelings in your body, through physical tension. Start paying attention to that and you will know what is happening immediately.

The moment you feel any physical tension, pray “Jesus live through me.” Breathe slowly and release the physical tension. This response will become second nature eventually.

Wait at least 10 minutes before eating if you are not hungry. If it is too difficult to sit still because of tension, then walk around, raise your hands to the sky and praise the Lord.

During this “praise pause”, unplug from the problem and start thinking about the things for which you are grateful to the Lord.

Try it. Unplug from the situation for 10 minutes minimum. Don’t worry - the issue will still be there when you get back!
After the 10 minutes have passed, you will likely be physically calmer than you were before. Research has shown that simply praising for just 2 minutes will lower your body’s stress hormones by 25%!

From a calmer emotional state, you’ll see the problem with fresh eyes, possibly discovering solutions that you never saw before.

By the way, when you are in a calm, content, and peaceful state, research has shown that is when you are least likely to emotionally eat. So this is the state you want to be in most of the time.

So you want to maintain your calm at all costs. Scripture says:

"You will keep him in perfect peace, Whose mind is stayed on You, Because he trusts in You (Isaiah 26:3)."

You will start to experience such peace that you won't want to go back to your old ways of doing things. You will enjoy this new feeling of lightness.

- When you feel physical tension in your body say: “Jesus, live through me.”

- When you have anxious, depressive, overwhelming, or any negative thoughts say: “Jesus, live through me.”

- When you find yourself stuck in the past say: “Jesus, live through me.”
• When temptations come that seem beyond your ability to handle say: “Jesus, live through me.”

• When you must deal with people conflicts say: “Jesus, live through me.”

When any distressful situations come calling, send Jesus to answer the door! Praise, sing to Him and thank Him for being there for you often.

No longer will you condemn yourself for a perceived lack of discipline. Remember, the flesh is weak by its nature. Looking to the flesh for power to do the right thing is what willpower is. But you are looking in the wrong place!

It is the same thing as asking a fox to guard the hen house. That fox will be having chicken for dinner every time!

Jesus Himself said in Matthew 26:41: “Watch and pray, lest you enter into temptation. The spirit indeed is willing, but the flesh is weak.”

The solution is to walk in the Spirit every day, which you do when you invite Jesus to live through you in prayer in every situation. Your Spirit becomes stronger as you consistently renew your mind to God’s word every day and practice what it says. You will be changed!

Remember Galatians 5:16: “I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh.”
You do not have to walk through this life alone. It is okay to admit that you can’t do this. But Jesus can.

Let Jesus do it.

**Learn More**

I said earlier that you might know the right things to do regarding your eating, but that is useless without the power to do them. Now you know where to look for the power.

Certain foods make it harder for you to exercise self-control with your eating. If you need wisdom in this area, then I recommend reading this article: [The Hidden Reason you Overeat](#).

If you want knowledge about the exact process I used to drop from a size 22 to a size 8, then click below to review my [Take Back Your Temple program](#). You can try it for 60 days risk-free.

Because you get stronger spiritually and heal emotionally as you lose excess weight, I believe it is the best weight loss program out there: [http://takebackyourtemple.com/program/](http://takebackyourtemple.com/program/).

_Kimberly Taylor_