

Am I Battling the Spirit of Gluttony?

SELF-ASSESSMENT CHECKLIST

- ☐ You eat when you are not physically hungry
- ☐ You feel ashamed about your eating habits
- ☐ You use food as a reward, comfort, or escape
- ☐ You feel powerless to stop even when you want to
- ☐ You struggle to say “no” to certain foods
- ☐ You feel distant from God after overeating
- ☐ You keep promising “Tomorrow I’ll do better.”

**Ask for God’s help to break free and walk
in His truth!**

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