

# Author: Food Addiction Is a Spiritual Problem With a Holy Spirit Solution

Body image and weight issues are two of the most overwhelming issues a person deals with on a daily basis. We have a constant reminder on billboards, radio, TV and in the news that obesity is an epidemic in the United States.

For those struggling with weight problems, much of this information just adds to the hopeless feeling they have.

Information shows us the need for change, but transformation gives us a desire to change. In my years of struggling with my weight, I did not realize that I was actually becoming addicted to food because of the food choices that I made. I did not realize that I was playing into the hands of the world that is under the god of this world (2 Cor. 4:4) that was setting me up to steal, kill and destroy my health and eventually my life.

When I saw a sign that said, "The devil wants you fat!" it was a jolt to my mind. It became very real in that moment what was going on in my life. I hate the devil, and the last thing I wanted was to please him.

In that moment, I had a desire to change. This was a God moment. It was not just information, but it was a transforming thought placing a burning desire in my heart to change. It was a moment that brought repentance and an awareness that I was responsible and accountable for the way I had cared for my body.

Talk about getting my attention. I cried out to the Lord for help. I asked Him to give me a word for this situation in my life. Daniel 10:19 says, "So when he spoke to me I was

strengthened, and said, 'Let my lord speak, for you have strengthened me.'" At that moment I needed strength.

Soon after this jolting moment in my life during my devotion time, the Lord spoke clearly in my spirit: "Break the habit." Break the habit? That's it? How easy is that? Well, I soon found out it was not easy. This was not just a food problem; it was a spiritual problem that had to be dealt with by the power of the Holy Spirit.

The Holy Spirit led me to study nutrition. I became aware how certain foods affected my body. I'm not an expert, and I strongly urge you, if you are interested in losing weight and taking care of your body, to start at this point.

As I studied how chemicals have been added to our food to stimulate our taste buds, stripping the nutritional value and creating cravings that demand these foods, I understood how I had become addicted to certain foods through ignorance. Hosea 4:6 tells us, "My people are destroyed for lack of knowledge."

Once I surrendered my food addiction to the Lord, He gave me a battle plan that worked from the inside out and took 88 pounds from my body. During this time, I never had one thought about how much weight I wanted to lose. I wanted to honor God in my body and spirit, as I am told to do in 1 Corinthians 6:19-20. I constantly meditated on God's love for me as a woman of God made in His image.

I had to walk in forgiveness toward those who had said very hurtful things to me, toward those who had criticized me and rejected me because of my outward appearance—yes, toward those in Christian circles. I had to take responsibility for my actions and guard my heart.

It is possible to get off the roller coaster, fighting the battle of the bulge, when you understand there is a power greater than your taste buds. "Understanding is a wellspring of life to him who has it" (Prov. 16:22).

We can gain information from the world, but the power to change comes from the One who created us.

*Joyce Tilney, founder of Women of God Ministries, teaching women today from women of yesterday, is the author of Why Diets Don't Work: Food Is Not The Problem. To learn more visit her websites at [and](#) .*

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## **One Thing You Can Do That Will Endure Forever**

Several months ago she showed me a picture of teacups, so we started gathering these for the wedding.

I pulled out my grandma's teacups from the basement; cousin Kayla filled a few boxes from the thrift shop; and my mom got on a stepladder to pull hers down from the top cabinet. Into the dishwasher they all went, on the China setting. After that my preacher man, the investigator, turned them all over to see where they were made.

A cousin took this sweet picture of the teacup she sipped from at the wedding, and it just so happened, out of all that porcelain, she chose this set.

*That's my great grandma's teacup, my mom said, breathless.*

There were little touches of family all through the wedding –the earrings Earl gave to my mother-in-law years ago, a borrowed necklace from Aunt Karyn, and that yellow flower pattern on cup and saucer.

*A legacy of family is here, I told my momma.*

More than jewels and dishes, there was a set of grandparents teaching Jesus to their kids decades ago. My mom and dad teaching Jesus to us. Me and that preacher man teaching Jesus to our kids.

And then my daughter stood at the altar, and I held it together during a heart squeezing moment in the ceremony (*I will not cry, I will not cry*) when that young man walked our girl to the Lord's supper table, tenderly put his left arm around her waist, and opened his Bible with his right hand. We couldn't hear him, but we could see.

We could see him there, teaching Jesus to her and setting the table for one more generation to know the love of God. Someday my grandkids?

(Lord, have mercy. At least let me get the linens washed and returned to the church first.)

So I ask you, **if one fragile teacup can last from one woman to another to another to another, how much more our love for God?**

*Know therefore that the Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands.  
(Deuteronomy 7:9)*

There's something you can do this very day that will endure.

Fear God. Love him.

And someday your great, great, great granddaughter will enjoy the beauty of what you have left for her.

**Christy Fitzwater** is the author of 'A Study of Psalm 25: Seven Actions to Take When Life Gets Hard.' She is a blogger, pastor's wife and mom of two teenagers and resides in Montana. Visit for more information about her ministry.

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# A Prayerful Denzel Washington Tells Young Actors, 'Get on Your Knees in the Morning'

Denzel Washington recently told a group of young actors that a good way to make sure you pray every morning is to put your shoes “way under the bed at night” so you “gotta get on your knees in the morning.”

The Academy Award-winning actor was seen speaking to the young people in a video R&B singer and actor Tyrese Gibson posted on Facebook Sunday. He encouraged the group of seemingly aspiring actors to use their talent for good and always remember to pray.

“I pray that you all put your shoes way under the bed at night so that you gotta get on your knees in the morning to find them. And while you’re down there, thank God for grace and mercy and understanding. We all fall short of the glory. We all got plenty,” he said.

“If you just start thinking of all the things you’ve got to say thank you for, that’s a day. That’s easily a day,” he added.

The actor, who is currently starring in a Broadway adaptation of Lorraine Hansberry’s *A Raisin in the Sun*, told the young actors that before every show he and the cast gather for prayer led by a young boy, Bryce Clyde Jenkins, an actor in the show.

“We have a little boy in our show—we’re doing *Raisin in the Sun*—and we have a circle. We pray every day,” Washington

noted. "And his prayer—this boy is prayed up. He just prays that we go out and touch someone tonight. He says, 'God, somebody out there needs us tonight.'"

Washington also encouraged the group to realize that while it is good to have money, they should not abuse their gifts for material gain.

"And we all have that unique gift to go out and touch people to affect people. Understand that gift, protect that gift, appreciate that gift, utilize that gift. Don't abuse that gift," he told the actors.

"You'll never see a U-Haul behind a hearse. ... Now, I've been blessed to make hundreds of millions of dollars in my life. I can't take it with me, and neither can you. It's not how much you have but what you do with what you have," Washington said.

Watch the video below.

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