

Breaking the Fierce Bondage of Body Obsession

“Therefore, I urge you, brothers and sisters, in view of God’s mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship.

“I urge you therefore, brothers, by the mercies of God, that you present your bodies as a living sacrifice, holy, and acceptable to God, which is your reasonable service of worship. Do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is the good and acceptable and perfect will of God” (Rom. 12:1-2).

I believe that all born-again children of God have a desire in their hearts to walk in the will of God. This Scripture is really clear on how to do that: First, you have to present your body to God and then transform your mind with God Word. Then, you will be able to prove God’s will in your life. The word “approve” in this Scripture means to come into agreement with the Word.

One definition I found for “sacrifice” is an act of giving up something valued for the sake of something else regarded as more important or worthy.

What is your motivation to take care of your body? Are you willing to give up food that tastes good but is not nutritional? You can have food that tastes good and is nutritional for you. It just takes a little time and preparation, which you don’t feel you have, so you just grab something to kill the craving. Athletes are willing to go on a strict diet and exercise regularly just to win an award and the approval of men. You, child of God, have an eternal reward.

“For the kingdom of God does not mean eating and drinking, but

righteousness and peace and joy in the Holy Spirit" (Romans 14:17).

Living in this world that is "body obsessed," it is hard to keep the right attitude about your body. You neglect it, you reject it always looking for a different look, and some are trying to perfect it (body builders often worship their bodies).

Psalm 119:73 says, "Your hands have made me and fashioned me; give me understanding, that I may learn Your commandments."

As a born-again child of God, I believe we have within us the desire to please God. God set up principles for good health in His Word. He doesn't just want you to have a clean heart. He wants your mind and body to be in good shape so He can use you more effectively.

Sometimes the most spiritual thing you can do is take a nap. When you are not getting enough rest, you are sluggish, and you are not sensitive and alert to the voice of God. Jesus made it very clear in John 10:27, "My sheep hear My voice, and I know them, and they follow Me."

It is hard to get out of bed a little early to read the Bible and have some quiet time when you are totally exhausted because you have not taken care of your body, exercised and eaten a healthy diet and you are stressed out over money. It is also hard to be a positive influence on your family and friends when you are discouraged, depressed and disappointed, a reflection of an unhealthy soul (mind).

How do you stop this crazy lifestyle? You repent! One day I saw the words, "The devil wants you fat!" I had an immediate 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 care of my body.

“Repentance” is defined as the action of repenting, sincere regret or remorse. If you truly regret something, your behavior is going to change. You will want to change and make things better. Repentance is from the spirit within which affects your behavior. Transformation brings change. Information, which the world offers, has no power to bring change.

Addiction is a spiritual problem. It cannot be fixed by information only. It takes the power of the Holy Spirit revealing to you the truth. Once I repented of my sin, God gave me a battle plan that worked from the inside out and took 90 pounds from my body! {eoa}

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