

Don't Take the Cake: Avoid the Return to Binge Eating

Many of you know how I used to eat whole Pepperidge Farm coconut cakes. It was my binge food of choice. The other day, I received a thoughtful question about my past bingeing behavior:

"Our group ... is on the fourth lesson of your program. One of the ladies had shared one of your articles about the cake that was one of your trigger/trouble foods. My question to you is this: I was just curious as to whether you can bring that cake into your home now without a problem, or it is a food that you can never bring into the house again? Thank you so much. I am loving your program."

I thought other people may want to know the answer as well, so I decided to write an article about it! Here was my response:

Thank you so much—I am glad the program is blessing you! You asked if I can bring Pepperidge Farm coconut cake into my house. This answer is that I could—but I don't want to! In considering your question, I just realized that I've never brought that cake into our house, which was bought 13 years ago. I left "binge eating cake" back at my old apartment. To me, bringing that cake into our current house would be like going back to Egyptian slavery was for the Israelites (see Ex. 1:8-22). The Lord had already delivered me from that place. Why would I want to go back to that pain and bondage? Some of the Israelites wanted to go back once delivered because of fear. But I don't fear, because God's perfect love has cast out my old fears (1 John 4:18).

Bishop Dale Bronner once said: "Either love will bring you back or lack will drive you back." The Lord's love always brings me back to Him. I feel complete in Him.

He is my last place of known comfort.

Since the five steps of TBYT are part of me, two foundational things have changed within me now:

My identity is transformed: I am a royal daughter and a soldier who has joined her Father in the family business. Our family business is winning other people to Christ.

My heart has changed, too. I don't have time for any behavior that would take my focus off of our mission.

I have learned how to trust the Lord with my negative emotions when they come. I have learned to run to Him when distressed rather than burying my feeling under food.

So even though I could have the cake if I wanted it, I don't want it.

I think about Hebrews 11:6 also: "And without faith it is impossible to please God, for he who comes to God must believe that He exists and that He is a rewarder of those who diligently seek Him."

I have faith that God exists.

I have faith that He will reward those who seek Him—just as He says in His Word.

With the Lord's reward in mind, I strive to follow Paul's advice in 2 Timothy 2:4 every day: "No soldier on active duty entangles himself with civilian affairs, that he may please the enlisting officer."

Although I enjoy food, I don't allow it to entangle my life anymore. I value the Lord's reward more.

The cake is a symbol of my past entanglement. I won't go back.

I am determined to move forward into all that the Lord has for me.

I hope that is your heart's desire, too. His reward is greater than anything this world has to offer. {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is an author and the creator of the Christian weight-loss website . Visit today for inspirational health and weight-loss tips.*

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