

How Making Healthy Choices Builds a Firm Spiritual Foundation

As a Christian weight loss coach, I encounter many beautiful women who feel stuck. They say, “I just can’t figure out how to lose weight” or “I’ve lost weight before. But I gained it all back plus more, and I am afraid if I try that again I’ll just do the same thing again. So why try?” They feel stuck because of what has happened in their past.

When we really get down to the core of the issue, many times it is because they were trying hard to lose weight, and then something happened that threw them for a loop. Things like the illness, disablement or death of a loved one. A divorce. A huge financial issue. A problem with a child or spouse that they can’t fix but still somehow feel responsible for. A personal health issue. A job loss. Estrangement from a friend or family member.

All of these are problems they can’t fix, and so they revert back to what they’ve always relied on to help them through any circumstance—food and lots of it. However, this feeling of being overstuffed brings with it many other issues like weight gain, disease and total frustration at their situation. When they eventually recognize they are stuck, they think it is because the diets they’ve tried don’t work. They know they are stuck, but blaming their feelings on their physical issue won’t solve the problem.

There is a way through this, but it takes work to rebuild the foundations we have. We must focus on the areas where we have allowed cracks to form. Without a firm foundation, we feel stuck and unable to move forward.

Where are you stuck? Wherever that is, God is ready to help

you move forward.

Read the rest of this article at and listen to *Sweet Grace for Your Journey* on the Charisma Podcast Network. {eo}

Read articles like this one and other Spirit-led content in our new platform, CHARISMA PLUS.