

I Will Not Diet in 2016

What comes to your mind when you think of New Year's resolutions? In the past, every year I'd make firm resolutions to lose weight after binging on all the delicacies of the holidays until I was in a near sugar coma. With the coma came shame that once again I had gained more weight.

Every year was the same resolution. I'd commit to going on a strict diet beginning Jan. 1. However by Jan. 4, sugar withdrawal would kick in, and my firm resolve would go out the window in favor of feeding my personal cookie monster.

Resolution

A resolution is a firm determination to do or not do something. That definition made me think of Elmer Fudd of Looney Tunes fame with his hat on his head, his gun raised and his firm resolve to get "that dirty wabbit." Or of Wylie Coyote's numerous great ideas on how he was going to get the roadrunner. In both cases, they were never successful.

My life, comical as it may be at times, is not a cartoon. When I talk about doing the same things over and over again expecting different results, such as going on those strict diets each New Year, the failure is not funny. It is sad and even tragic.

I had the same problem in my life as an alcoholic. I would drink my way through the holidays, forgetting those around me. Sweet relationships were damaged by drunken events. The same held true when my main focus was on what food I was going to eat.

No More Diets

I have been abstinent from sugar and gluten for 18 months now. I am not on a diet and I no longer believe in dieting. I

believe God has the way out of any life-controlling behavior or addiction. As a result of making healthier choices and moving my body more, I have lost over 60 pounds.

Today, I can sincerely say I have been made a new creation (2 Cor. 5:17). It has been made possible by the grace of a loving God because of the real Christmas gift of His Son Jesus Christ. He has given me the grace to make it through the fires of temptation without even smelling like smoke (Is. 43:2; Dan. 3:27), in His strength not mine (2 Cor. 12:9).

New Process

I don't have New Year's resolutions, but I do have big goals, dreams and visions for 2016, some of which are very scary. There are new and different projects on the horizon of the New Year. I am excited and terrified at the same time.

The difference today is that I know I cannot achieve them in my own strength. I will need God's help to reach them. I will need the help and encouragement of my husband to reach them. I will need the instructions and suggestions of my coach to get there. I will need the prayer cover of many friends and family to stay on the pathway to success.

Rather than the firm resolve I might maintain for a few days in my own strength, I will do what Jesus suggested. He said to not worry about all these things (Matt. 6:25). He said my heavenly Father knows what all the needs are for this New Year. Worry will not pave the way to accomplishment. He said instead to seek first the kingdom of God and His righteousness, and all these things shall be added to me (Matt. 6:32-33).

My Choice

The bottom line is that even with God's help and the help of all those around me, I am still the one who has to choose. I have to choose to seek Him in all things and not just at the

first of the year. The choice is a daily, moment-by-moment one. I call 2016 the year of choice. {eoa}

Join Rhonda and others getting breakthroughs in Sweet Change Weight Loss Coaching Group. It's a new year. You've tried everything else. Now, try doing things God's way. Special holiday rate still available. [Go Here](#).

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