

Is Food Your God?

Is food occupying your mind where God should be? “Food is not the fix for everything” was a hard lesson I had to learn when I struggled with emotional eating.

You see, if I was mad, I ate; if I was sad, I ate; if I was bored, I ate; if I was tired, I ate. Eventually, I ate my way up to 240 pounds!

But God showed me that He is the fix for everything! He could give me the daily answers I needed to glorify Him in every situation, including my eating habits.

I once counted how many times I thought about food in a single day. I counted 77 times! No wonder I wanted to eat all the time back then.

In Matthew 22:37, Jesus said, “You shall love the Lord your God with all your heart, with all your soul, and with all your mind.” I had a problem loving the Lord with all my mind when food occupied so much of it. Because I did not know or practice Biblical wisdom to take every thought captive to the obedience of Christ (see 2 Corinthians 10:5), food grew into an obsession.

In fact, my food obsession became idol worship for me. Idol worship is simply investing a person, inanimate object, or activity with powers it does not have.

To see what I mean, imagine how some oft-quoted bible verses would sound if you replaced God/Lord with food:

- “The joy of *food* is my strength.”
- “*Food* heals the brokenhearted and binds up their wounds.”
- “Be strong and let your heart take courage, all you who hope in *food*.”

- “Trust in *food* with all your heart and do not lean on your own understanding.”
- “The righteous man will be glad in *food* and will take refuge in it; and all the upright in heart will glory.”

I used to live as if I believed that. It is estimated that 10 million people in the United States suffer from binge-eating disorder. So clearly, this is not a small problem. From my experience, Christians are vulnerable to this issue as much as anyone else. Perhaps even more. Here is why:

We have a real enemy who hates us because of the God we love. Ephesians 6:12 says, “For we do not wrestle against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this age, against spiritual hosts of wickedness in the heavenly places.”

What better way can the enemy destroy us than through food obsession and food abuse? He exploits our need for food to survive. So rather than suggesting we grab a Bible (whose Words can Spiritually defeat him), he suggests that we instead grab a bag, box, plate, knife, or a fork!

The apostle Paul wrote about people who elevated filling their stomachs above God in Philippians 3:18-19: “For many walk, of whom I have told you often, and now tell you even weeping, that they are the enemies of the cross of Christ: whose end is destruction, whose god is their belly, and whose glory is in their shame—who set their mind on earthly things.”

It’s time, Christian brothers and sisters, to flip the script. In Luke 4:18, Jesus said what He came to do:

“The Spirit of the Lord is upon Me,

Because He has anointed Me

To preach the gospel to the poor;

He has sent Me to heal the brokenhearted,
To proclaim liberty to the captives
And recovery of sight to the blind,
To set at liberty those who are oppressed;"

If you are suffering from emotional hurts (brokenhearted), captive to food obsession, blind to the destruction this habit is causing you, and oppressed by food abuse, then you qualify for Jesus' help!

Invite Jesus into this issue through prayer and then start renewing your mind to His Living Word daily. The book of John is a great place to start to get to know how your Savior lived. As you study the Bible more, you will learn to recognize thoughts that exalt themselves above God.

Cast those lies down with the truth. Only by taking every thought captive will you be free from captivity to food obsession.

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God's healing power to end binge eating. She is the creator of the new online course 'How to Stop Binge Eating' (). Charisma readers can get a discount today with the coupon code: Charisma.*