

Is It a Sin to Eat a Cheeseburger?

We've all been there: Grabbing that slice of cake after a giant meal, eating one too many slices of pizza, chowing down on that cheeseburger when we know we need something else.

The root of overeating and consistently choosing unhealthy food options is a sin, pastor Shane Idleman says. And you may be a prisoner of your diet.

So how can you break free? Watch the video to see!

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