

It's Not the Food: Why Diets Don't Work

Diet books are a dime a dozen. There is a new weight-loss program and magical cure every day, but we as a nation get fatter and fatter. The diet industry is a multimillion-dollar business, yet we find ourselves living in a world with an obesity epidemic!

After years of trying the world's way, I had what I call a "light bulb" moment. Discouraged after another failed attempt, I was visiting a friend, and I looked up and saw a small sign on her bookcase. It read, "The devil wants you fat!"

That hit home, and immediately the Holy Spirit brought to my remembrance John 10:10: "The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly."

How many times had I read that Scripture and quoted it? At that time, it seemed like the only thing I had in abundance was fat cells! I hate the devil, and the last thing I wanted was to please him.

I cried out to the Lord, "I need a word from You to break this bondage." I wanted off the roller-coaster ride. I wanted to be free. As a child of God, I had always had a deep desire to win this battle God's way.

How do we stop this ride? We must see the truth from God's Word. Jesus is the answer, and the Holy Spirit is just waiting for us to be open and invite Him to reveal the truth to us. Are you ready?

First, you have to be honest with God. God looks on the heart, and He knows and understands where we are. For the first time, I admitted that I was addicted to food. This addiction had

built up over the years without my being aware of what I was doing. I had played right into the hands of the world, and we know who is the god of this world (2 Cor. 4:4)!

Second, you must make a choice to change. Choice is the only real freedom you have in this is not the problem; the problem is the food choices that you make.

After you make a choice to change, then you must be willing to pursue things differently. Any change that lasts is an inside job, so be willing to wait upon the Lord. You will not lose 50 pounds overnight. Your attitude must change ,and you must learn how to cast down imaginations (2 Cor. 10:3-5). Trust me, you will have imaginations—ice cream, candy and donuts, to name a few.

You must value your body that is created in His image: “Or do you not know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s” (1 Cor. 6:19-20).

One day the Lord very clearly spoke to me as I read this Scripture. He said, “When you get a revelation of the purpose of your body, you will not abuse it!” We just read the purpose of your body. Your body is the hosting place of the Holy Spirit, and you carry the gospel message to the world.

That was a turning point in my life. More than 2 1/2 years later and 80 pounds lighter, I glorify God in my body with my choices that I make every day.

The testimony of my walk and how the Holy Spirit led me through this battle is in my book, *Why Diets Don't Work: Food Is Not the Problem*. The book is available on the website and on in print and Kindle.

Joyce Tilney is the founder of Women of God Ministries,

teaching women today from women of yesterday. For more information, visit .