

Liberating Truths to Attack Demonic Food Strongholds

First, if overeating and/or unhealthy eating is a sin, did Jesus die for that sin? Did He pay for it in full on the cross? When you confess it to Him as sin and ask for forgiveness, does He wash you clean and forgive you, even if you keep messing up and seeking His mercy? The answer is yes, yes and yes. He forgives the sin of overeating just like He forgives the sin of pornography or the sin of lying.

Perhaps by putting food into a different category, you fail to receive forgiveness from the Father, and your fat is a constant reminder to you that you're an unclean sinner, whereas if you lie to someone then confess that sin to them and to God, you can walk away feeling forgiven. But you wear your fat 24/7.

Your Fat Does Not Define You

Second, your fat does not define you. I'm aware it's with you all the time, not just in appearance but in tangible feeling. But being overweight doesn't define you. Being a child of God defines you. Being a new creation in Jesus defines you. Being in Him—seated with Him in the heavenly places—defines you. So rather than thinking about yourself as a fat person—in a way that defines, describes and delineates you—think of yourself as a beloved child of the Father who has a weight issue to deal with.

I'm not talking about denying reality. I'm not talking about rebuking calories before you eat, and yes, some believers actually do this, or of confessing, "I'm thin in the Spirit!" I know someone who did this too; the fact is that your spirit is not operating in the realm of physical weight. I'm talking about not allowing a negative, destructive, hopeless, harmful

self-image to dominate your psyche so that your weight defines the essence of who you are. Instead, let your standing with God fundamentally define you. Then from that point of confidence in the Lord, you can address the very real problem of being overweight.

You Are an Overcomer in Christ

Third, in Jesus, you are an overcomer. In Jesus, you are dead to sin. In Jesus, you are not a slave to the passions and lusts of the flesh. As Paul wrote to the Galatians, “Those who are Christ’s have crucified the flesh with its passions and lusts” (Gal. 5:24). That includes you and me, and you need to think in terms of having victory over food just as you have victory over drugs or alcohol or gambling or porn. Tell that food, “My stomach is not my god.” Walk around your house worshipping and praising God, saying, “In Jesus, I can be free from food addictions! In Jesus, I am not a slave! God’s grace is more than enough!”

Spiritual Warfare Regarding Food Is Real

Recognize the reality of spiritual warfare when it comes to food. I don’t want to overly spiritualize things here, but I don’t want to leave out very real spiritual truths. Of course Satan tempts us with food. Of course our bondage is both physical and spiritual. Of course we can break these strongholds in Jesus’ name through prayer, leading to a changed lifestyle. Prayer alone won’t do the trick; it takes prayer and obedience. Why not attack demonic food strongholds the way you would attack a satanic stronghold that was trying to destroy one of your kids? It’s the same devil we’re dealing with and the same Jesus who triumphs over that devil. And we triumph in Him. {eoa}

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