

Savoring Permanent Freedom From Emotional Eating

God tells us that faith is the assurance, title deed or confirmation of the things He has divinely guaranteed to us. It is also the evidence of things not seen. It is the conviction of their reality. Only faith can comprehend as fact what we don't experience with our physical senses (Heb. 11:1). Our faith has to move us toward what God wants for us, and that is freedom in the truest sense of the word—but how do we get there?

What We Want

God has enormous, over-the-top plans and desires for us, and yet we still are stuck in what we want. Most of the time what we want is very much in the moment. We must think about what is the greater thing we want. The holidays are coming up, and it's a time many people get derailed on spending and eating. And then January comes and regret sets in. Many times, we spend all year paying for what happened in November and December.

What happened? We put ourselves back in bondage. We are in the Romans 7:19 conundrum. "For the good I desire to do, I do not do, but the evil I do not want is what I do." Some people have 100, 200, 300 pounds to lose. Maybe a doctor has told you like one told me at one time that you need to lose weight or you'll be dead in five years, two years or even one year. In the midst of these circumstances, it looks really bleak.

But God

Ah, but God! My God, your God, is the God of the impossible. These impossible circumstances that look like you can never get through the trial. If you are in that circumstance, know that God can get you through it. He can take you by the hand

and lead you. It's a matter of letting Him do that.

God is for you. He is not against you. He will lead you on this journey. You just have to let Him.

Risky Step of Faith

It seems like a big, huge risky step of faith to stop eating sugar and maybe stop eating flour, but God has grace to see you through even that and move on to losing weight, becoming free and healthy for the rest of your life.

Others may have a mountain of debt like we had one at one time. Praise God we're debt-free today. God had to lead us through a process to get there. I had to wrap my brain around the fact that debt is bondage just like certain foods are bondage to me. Other things can also be bondage such as alcohol if you are an alcoholic, smoking cigarettes or engaging in compulsive gambling. Really anything can become bondage if it is something that masters us.

Willful Bondage

“‘All things are lawful to me,’ but not all things are helpful. ‘All things are lawful for me,’ but I will not be brought under the power of anything.” Wise words to the church at Corinth from the apostle Paul. We are only to allow God to master us, not things.

We willfully put ourselves in bondage to these things, but God wants us to be free. “For freedom Christ freed us. Stand fast therefore and do not be entangled again with the yoke of bondage.”

Firm Decisions

We have to make some firm decisions. Don't spend money we don't have to spend or that is designated for another purpose. Don't eat things that we might really want as momentary pleasure, but will end up capturing us again. Know that when

we start saying no to the things that we know put us in bondage, it will get easier to say no the next time.

I am praying for you that you will make some strong determinations in this season to say no and stay free from the things which will put you back in bondage!

Freedom from Emotional Eating

Many times we turn to food and overspending to calm our emotions. Right now in Sweet Change Weight Loss Coaching Group we are talking about emotional eating and *Sweet Freedom* principles which help us go to the root of those emotions and get us the freedom we need to live the way God wants us to live. Our latest videos *Beautiful One* and *Deeper Trust* will be available for all those who come in during November.

In 2017 or maybe even before, we are going to give access to many more teaching videos in the group. It will be a resource like no other available. Those already in the group won't have to pay a bit more. However, for new folks, the price will go up. Get in now and you will be grandfathered in at our lowest rate. Don't wait though. Go [here](#) to join now.

By the way, here's the live video I did from my back yard a bit ago. It cuts off a bit at the end, but content is in this post. You can also access it over on my Facebook page. While you're there like the page, then click liked and check see first and notifications on so you don't miss anything.{eo}

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