

The Pitfalls of Eating From Boredom

Recently, I received an email from a lady who wrote me the following:

“How do I make God’s Word work for me in the area of food addiction when I have been back and forth so many times? My heart just always wants food, as I always feel so empty and bored, and I know natural food does not meet that inward need. I have had so much inner healing and spiritual deliverance, etc., over the years, but this food thing is something that I just do not seem to be able to get me to change. But I am willing to trust God’s Word. As you said, it is God’s food.”

Here was my response to her, and I hope it helps you today, primarily if you eat from emptiness and boredom:

“Isn’t it interesting that you said your *heart* wants the food? That solidifies the lesson God taught me years ago—food addiction and compulsive overeating are primarily about issues of the heart, not the body. Only God has the ability to change the human heart. A diet will never fix that.

“Regarding the food addiction, you have to remember that it is a habit that you have learned over years. You have thoughts and behaviors associated with that. The only way you are going to be able to change it is to start renewing your mind to thoughts and actions that line up with God’s Word. That takes time, but you are well able to do it with God’s help. ‘God’s Word is food’ should help you renew your mind.

“Continue to humble yourself (admitting that you can’t do it alone and need God’s help), pray, seek His face, and obey the Holy Spirit’s guidance that instructs you on what to do to turn from that destructive way and strengthens you to carry it out.

“Again, you are remaking habits that have been learned over years, so changing them will require patience, diligence and awareness. Your brain is probably prompting you to eat whenever you feel any discomfort. That may be dozens of times a day! So, like rewriting a computer program, it’s going to take time to learn new ways of thinking and acting.

“You say that you feel empty and bored. First of all, you might feel empty, but you aren’t empty as a believer in Jesus Christ: ‘The Spirit of truth, whom the world cannot receive, because it neither sees Him nor knows Him; but you know Him, for He dwells with you and will be in you’ (John 14:17).

“One of the works of the Holy Spirit is to comfort you and help to fulfill God’s will in your life. He doesn’t shout at you—His voice is still and small. It’s that quiet voice that says ‘Do this,’ ‘Call her’ or ‘You know you shouldn’t do that.’ It’s like an internal GPS system that steers you toward God’s highest good for you.

“Whenever you disobey that voice, it causes delay. Or it can even land you in situations God never intended for you to be in.

“So it’s very important that you learn to recognize that voice and to obey its guidance. I’d recommend praying that God give your spiritual listening ears a tune-up. In addition, you need to study the Bible so that you can recognize the Holy Spirit’s voice from others. The voice will always line up with God’s Word. It will always lead you toward doing what is best in the long run, not necessarily what is easy in the short term.

“Unfortunately, what gets us into trouble is always going for what’s easy to do right now, instead of what is best for us now and in the future. Most people live their lives like that: ‘Broad is the way that leads to destruction, and there are many who go in by it’ (Matt. 7:13).

“As for boredom, I’d take a look at a couple of things in your

life. Is your life in order, or is it in chaos? Boredom sometimes occurs as a means to avoid dealing with the *big* issues in your life. The truth is, you may have things you need to handle (which would eliminate the boredom), but you don't want to.

"For example, is your house in order? Do you have clutter? Voila! If you focus on dealing with that, you won't have time to be bored. How about your financial life? Are your bills paid? Do you need to learn about how to manage money better? Yet another thing that can occupy your time. Check out this article for insight on getting your house in order.

"Finally, do you know what spiritual gifts God has given you to use to benefit the kingdom? That's a big issue because God created you for a purpose. You have at least one gift God has given you to benefit the body of Christ. Are you using it?

"If not, here is how you can discover it, and after you take the test, the website has a document with ideas on how you can use your gift.

"I hope this helps!"

Kimberly Taylor is the author of *The Weight Loss Scriptures* and many other books. Once 240 pounds and a size 22, she can testify to God's goodness and healing power. Visit and receive more free health and weight-loss tips.