

Using Scripture to Quash the Stranglehold of Emotional Eating

Is food your hiding place?

When emotional eating had me bound years ago, God revealed that food had become my hiding place.

I ran to food whenever I experienced feelings in my heart that I didn't want to feel.

I used food to stuff down my frustration whenever I didn't express my opinion for fear of others rejecting me. I used food to mask the disappointment in myself when I refused opportunities because I was afraid of success or failure.

But over 10 years ago, God invited me to turn to Him as my refuge instead. From the safe place He offered to the scared little girl inside of me, I discovered I no longer had to be insecure or afraid.

I was free to be me!

The enemy had convinced me that if I didn't turn to food, I would be left without comfort. But that was a lie!

I learned that through the Holy Spirit, I had a built-in Comforter. He would never leave me nor forsake me. If you have been using food as a hiding place, then your Rescuer is here!

Meditate on the comforting Scriptures below for reassurance. God wants to become your shelter, your refuge:

"The Lord your God is in your midst, a Mighty One, who will save. He will rejoice over you with gladness, He will renew you with His love, He will rejoice over you with

singing” (Zeph. 3:17).

“For You have been a refuge for me, and a strong tower from the enemy” (Ps. 61:3).

“There shall be a tabernacle for a shadow in the daytime from the heat, and for a place of refuge, and for a shelter from storm and from rain” (Is. 4:6).

“The Lord roars from Zion, and sounds His voice from Jerusalem, and heaven and earth quake. But the Lord is a refuge for His people, and a stronghold for the children of Israel” (Joel 3:16).

“I will abide in Your tent forever; I will seek refuge in the covering of Your wings. Selah” (Ps. 61:4).

God is waiting with open arms to provide shelter for you when you are hurting. The question is: Will you embrace Him? {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify of God’s healing power to end binge eating. She is an author and the creator of the Christian weight loss website . Visit today for inspirational health and weight-loss tips.*

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