

Guard Against These 5 Creeps That Steal Your Spiritual Progress

Have you ever done well on a health program for a little while, but then those old habits try to creep back in?

That's what I call the "Creeps."

I've identified five creepy thoughts that threaten your weight loss plan and how you can respond to them so they won't derail you.

Creep #1: "One little bite won't hurt ..."

Your Response: "Actually, it will hurt if it's going to lead me into food binging, getting sick, battling a sugar addiction or the pain of obesity for the next 20 years. No thank you. I will pass."

Creep #2: "You failed, so you might as well eat it all ..."

Your Response: "No, I did not fail. As long as I learn from my mistake and keep moving forward, I win."

Deciding to eat it all makes about as much sense as stumbling on stairs, then deciding to throw myself down the rest of them! I'm going to stop this stumble right here and get back on track immediately."

Creep #3: "You deserve it ..."

Your Response: "I deserve good health more. I want to "miss out" on sickness. I want to be "deprived" of future disability.

I'll give myself a non-food reward to treat myself well instead."

Creep #4: “It’s not fair they can eat that and you can’t ...”

Your Response: “I can eat any food I want. I will be fair to myself and make wise food choices for the best opportunity to stay well.

It’s not fair to compare myself to others because I don’t live in their bodies. I am responsible for taking care of the one I have.”

Creep #5: “But it’s Thanksgiving ... (Christmas, New Years, Anniversary, birthday or other random holiday)”

Your Response: “Why should I use this event as an excuse to practice gluttony? I can choose one of two of my favorite “less healthy” items, eat them in a reasonable portion size and still stay on track.

In that way I still feel good physically after the event is over, not in regret because of gluttony.”

So don’t be surprised if a “creep” comes along when you decide to do something good for your health. Be prepared to resist with the responses above as examples.

Use the wisdom in James 4:7 to resist the ultimate creep:

“Therefore submit yourselves to God. Resist the devil, and he will flee from you.” {eoa}

*Once 240 pounds and a size 22, **Kimberly Taylor** can testify to 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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