Freedom From Food Addiction

Using Biblical Principles

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Genesis 3:6-7 (NIV)

When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.

Genesis 3:21 (NIV)

The Lord God made garments of skin for Adam and his wife and clothed them

Genesis 3:23 (NIV)

So the Lord God banished him from the Garden of Eden to work the ground from which he had been taken

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What is food addiction?

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Food addiction involves the same areas of the brain as drug addiction. Also, the same neurotransmitters are involved, and many of the symptoms are identical.

What is food addiction?

Processed junk foods have a powerful effect on the reward centers of the brain. These effects are caused by brain neurotransmitters like dopamine.

What is food addiction?

The most problematic foods include typical junk foods like candy, sugary soda, bread, baked goods, and pasta.

What is food addiction?

The main symptoms of food addiction include craving and binging on unhealthy foods without being hungry and an inability to resist the urge to eat these foods.

AM I AN ADDICT?

Am I an addict?

- frequent cravings for certain foods, despite feeling full and having just finished a nutritious meal
- starting to eat a craved food and often eating much more than intended
- eating a craved food and sometimes eating to the point of feeling excessively stuffed
- often feeling guilty after eating particular foods — yet eating them again soon after

Am I an addict?

- sometimes making excuses about why responding to a food craving is a good idea
- repeatedly — but unsuccessfully — trying to quit eating certain foods, or setting rules for when eating them is allowed, such as at cheat meals or on certain days
- often hiding the consumption of unhealthy foods from others
- feeling unable to control the consumption of unhealthy foods — despite knowing that they cause physical harm or weight gain

ARE YOU AN ADDICT?

1. IT’S NOT YOUR FAULT

There is a huge connection between childhood trauma and overeating - from the age of 1 - 14 your adrenals are developing the most - your adrenals contribute to the response of fight or flight.

From the age of 1-8 you're learning how to survive as a human being - who is your family, where do you live, are you safe?

If you had any issue with that - moving a lot, issues of safety and security, missing a parent, having a parent that was not so nice to you - you have some type of trauma there.

Were you safe as a child?

Did your parents argue a lot, move a lot, have an older brother or sister who picked on you, bullied in school?

Were you abused as a child?

OVEREATING IS A SIN ISSUE

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2. IT IS YOUR RESPONSIBILITY

Deuteronomy 30:19

This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now **choose** life, so that you and your children may live.

THE BREAD OF LIFE

John 6

32….but it is my Father who gives you the true bread from heaven.

33 For the bread of God is the bread that comes down from heaven and gives life to the world.

35 Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.

THE BREAD OF LIFE

Idolatry is putting something, anything, before God. It's giving time, affection, space, and worship to the created and not the Creator.

WHAT IS FOOD IDOLATRY?

WHY DOES THIS MATTER?

Jeremiah 2:13

My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns, broken cisterns that cannot hold water.

IF YOU’RE STARTING TO FEEL BAD…….

3. GIVE YOURSELF GRACE

Titus 2:11–12

For the grace of God has appeared, bringing salvation for all people, training us to renounce ungodliness and worldly passions, and to live self-controlled, upright, and godly lives in the present age…

Jonah 2:8

Those who cling to worthless idols forfeit the grace that could be theirs.

HOW DO I FIX IT?

GOD OFFERS US FREEDOM

2 Corinthians 3:17

Now the Lord is the Spirit, and where the Spirit of the Lord is,
there is freedom.

GOD OFFERS US SELF-CONTROL

2 Timothy 1:7

….for God gave us a spirit **NOT** of fear but of power and love and self-control.

SPIT IT OUT

DON’T CHEW IT OUT

Revelation 12:11

And they overcame him by the blood of the Lamb, and by the word of their testimony; and they loved not their lives unto the death.

TAKE YOUR PROBLEMS TO THE CREATOR FIRST NOT THE CREATED

THIS MIGHT SOUND SCARY…

EVERYTHING WE NEED……

Promise Keeper - Numbers 23:19

Great Defender - Psalms 50:6

Merciful - Deuteronomy 4:31

Always There - 2 Chronicles 30:9

Compassionate & Gracious - Psalms 116:5

Comforter - Isaiah 61:1-3 and John 14:26

Love - 1 John 1:16

He Never Changes - Malachi 3:6

Prince Of Peace - Isaiah 9:6

Holds Me Tight - Psalms 63:8

Protector and My Safety - Psalms 18:2

Fights My Fights -Deuteronomy 3:22

Stands By Me - Joshua 1:9

My Helper - Hebrews 13:6

My Strength When I Can't Cope - Isaiah 40:29

Dries My Tears - Rev 21:4

HE HAS EVERYTHING WE NEED

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