



WHEN MY

B  **O** **D** **Y**

The letter 'O' is replaced by a target graphic consisting of three concentric circles in pink, light green, and cyan. Three arrows point towards the center from the top: a small black arrow, a larger cyan arrow, and a larger light green arrow.

FIGHTS MY HEALTH



Food Attachment Enters The Earth...

Genesis 3:1-5(NIV)

The Fall

1 Now the serpent was more crafty than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?”

2 The woman said to the serpent, “We may eat fruit from the trees in the garden,
3 but God did say, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’”
4 “You will not certainly die,” the serpent said to the woman.
5 “For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil.”

Why we struggle with food:

3. Your busy lifestyle makes you mindlessly eat.

It takes the body at least 20 minutes to register that it's full. Eating slowly is a great way to stop overeating by feeling your fullness the moment it happens — not when it's too late.

2. You eat poorly because the people around you eat poorly. - Be the example when selecting.

1. You're getting joy from food instead of life — it's called "hedonic eating."

Hedonic Eating - Eating high reward foods when we don't have joy and pleasure in other areas of our lives.

Genesis 3:5

The Message Bible

4-5 The serpent told the Woman, “You won’t die. God knows that the moment you eat from that tree, you’ll see what’s really going on. You’ll be just like God, knowing everything, ranging all the way from good to evil.”

Big Question:

**Do you know what brings
you joy?**

**The absence of joy means
we're either living scared, in
pain or unfulfilled.**

1. Living a scared life - scared of something bad happening; scared of not being enough; scared of what people are thinking about you, etc.,

Philippians 4:8, NLT

And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable.

- Note: Phil 4:8 also address healing from pain.**

2. Living unfulfilled means life is empty, boring and one's vision is unclear.

Proverbs 29:18

Where there is no vision, the people cast off restraint; but blessed is he who keeps the Law.