

Divine Dining

**365 Devotions to Guide You
to Healthier Weight and
Abundant Wellness**

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This book is dedicated to the thousands of men and women who strive to be Christians, but suffer from compulsive overeating they can't control. THERE IS HOPE.

January 1



Repairer of Broken Walls

The Lord will guide you always; he will satisfy your needs in a sun-scorched land . . . you will be called Repairer of Broken Walls, Restorer of Streets with Dwellings. Isaiah 58: 11,12

Do you have moments when you feel like you're losing your mind? The definition of insanity is doing the same thing over and over and expecting different results. Sound familiar?

A psychiatrist once told me trying to willingly destroy one's self is not sane. Compulsive overeaters kill themselves slowly with legal means, but it's no less crazy.

Resentment, envy, and anger tear down the mind's protective walls. The enemy of the soul can oppress an unguarded mind.

In my case, these emotions created havoc and caused emotional imbalance; insanity, if you will.

Of my own free will, I chose to ignore the enemy's influence and gave my mind and my body to the Lord's control. God used my day-to-day actions to repair those walls and restore in me normality.

Healing is contingent on spiritual condition.

Prayer: Lord, today take my thoughts, my will, and my choices and let them be yours.



January 2

Stiff-Necked, Unrelenting Will

... let the Lord go with us. Although this is a stiff-necked people, forgive our wickedness and our sin, and take us as your inheritance. Exodus 34:9

We read about the stiff-necked will of the Israelites. God provided for their needs, but still they complained and wanted more.

How many times have I gone against everything I thought I wanted, everything that my family, my work, my Christian walk demanded so that I could “control” my situation.

Friends and family advised me to use will power and refrain from overeating. The truth was I had an unrelenting will I use every day.

My will power overcame every rational thought to say, “I will to eat what I like and I won’t be controlled by anyone else in choosing what I eat.” The craziness of this principle was that my will power overcame my conscious goals and desires. Like turning on a tank of oxygen near the fireplace, my invincible will power/won’t power consumed my sanity and my life.

No power but God’s power is strong enough to overcome a stiff-necked rebellion. Are you a control freak? Has it ruined everything you hold dear?

Prayer: Lord, help me to release my stiff-necked will power unto You.

January 3



Desires of Your Heart

Delight yourself in the Lord and he will give you the desire of your heart. Commit your way to the Lord; trust in him, and he will do this: Psalms 37:4-5 NIV

God loves His children.

You are one of His children.

He wants to give you the desire of your heart.

Is your desire to have your compulsion not control you? God is stronger, His ways more sure than you can imagine.

Here's an actual example of how God helped me one morning:

I planned to stop by the donut shop on my way to work the next morning. I arose, rushed my preparation, and left early to have time for the extra errand.

But God's ways are infinitely stronger, more sure than mine. According to the habit I'd established, I prayed during my quiet time that God's will, not mine, be done. God heard and answered that request.

When I came close to the donut shop, I had this overwhelming desire to not feel stuffed since I had so much work to do. Where did I get that thought? It hadn't been there when I left the house. I arrived at my job astounded that I had failed to complete my mission to buy donuts.

God wants to give you the desire of your heart, but you must ask it of Him and then leave it in His hands to fix.

Prayer: Lord, I truly want your will today. Let it be.



January 4

Weary In Well Doing

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. Galatians 6:9 NIV

Martyrs for Christ existed in the past and they still do in modern days. I'm not one of them, but sometimes I think I am.

We work hard doing things around the church. That's good, but is it what God wants?

An example tells my experience. Others may relate.

I do whatever is asked of me in church. I see others lauded for their work, but not me. Resentment springs up in my mind, poisoning my system until I'm physically ill. My body grows weary and susceptible to virus and infections.

I say, "God, I'm doing everything for You."

God says, "What have you done for Me? I asked you to spend time talking with Me this morning, but you couldn't since there was a church meeting at nine. I asked you to eat nutritiously so you would have more energy at the end of the day for your family, but you didn't. Instead, you made a cake for the class social and ate it. Because of that, you had to make another one to take in place of the first cake.

God tells us not to be weary. When we do something at church that He asks us to do, He will give supernatural strength, but first, be sure it's what He asks of you.

Prayer: Lord, like Mary, who sat at Jesus' feet, let me today choose the best part.

January 5



My Self-esteem is Dragging

For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do.
Ephesians 2:10 NIV

Compulsive overeating is a symptom of something wrong. As a rule, when we suffer low self-esteem, the extra weight we gain magnifies the problem. When we overeat, our esteem plummets. Common sense tells us that if we do what we like, we'll be happy. Instead, we sink lower into depression. Many of us excel at a host of challenges, but fail in how we eat. Then we accept failure as the theme of our lives.

I've lived for Christ since I gave my heart to him in vacation Bible school when I was seven. I drifted, but came back to God while in college. I read verses like the one above and implemented self talk about being a creation of, and an example of, God's workmanship. There was always a but. But I don't follow Christ like I should. But I don't have enough faith.

Now I experience a miracle from Christ when I relinquish control to Him and give up the fight. He completes me. He adorns my days with peace. He gives me worth.

I used to be able to list ten things I hated about myself, but it took God's power to come up with a list of ten things I liked about myself. Now I can. Can you?

Prayer: Lord, take control of me. In doing so, You make me worthy.



January 6

It's Just Food

Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things.

Philippians 3:19 NIV

Does this internal monologue sound familiar? "It's just food, not a serious problem. Everyone has to eat. It's not like being an alcoholic or a drug addict."

Our families reinforce that thought by saying we just need to cut back on food. Good Christian friends laugh about diving into that cake brought by Sister so-and-so. Friends giggle about starting their diets tomorrow. Every magazine and TV station offers the latest fad in weight loss.

To a compulsive overeater, this isn't funny. Compulsion in any form will destroy our bodies and our minds.

One night, my daughter phoned me. A thief had forced open her back door. She feared the intruder was still inside. She had called the police, but wanted a loved one with her. I told her I would come, but my food compulsion stopped me. I had binged on candy and muffins and lay in my recliner listless and nauseous. If her husband hadn't called, I might have left her alone. I would have hated myself for it, but the food had overcome my ability to function.

Has food ever immobilized you? Has it made you yell at your kids or your husband? Have you turned down a chance to work for the Lord because of how you felt or because it cut into mealtime? Is the problem "just food?"

Prayer: Lord, heal my compulsion. Allow me to be used according to Your will.

January 7



The Protection of the Wren Cactus

To him who is able to keep you from falling and to present you before his glorious presence without fault and with great joy.
Jude 24 NIV

If food compulsion is part of our carnal life, danger lurks whenever we leave God's protection.

At a friend's country home, we noticed a cactus bush three to four feet high with a nest of wrens on one side. We commented.

"That's our wren cactus, our sanctuary for birds," our friend told us.

On the other side of the bush, we spotted baby mockingbirds. Instead of flying to high places to be safe from the coyotes and deer, birds make their home here in a small bush. On examination, we noticed birds fly into the cactus without touching the prickly thorns. A larger animal would be unable to do that, so the birds make their nests in perfect safety right under the noses of their enemies.

God is our wren cactus. He protects us from certain defeat and destruction while in the presence of food that would tempt us. His loving arms encircle us. The enemy can't get past His defense.

Prayer: When I'm at a restaurant or party, a pot luck, or another's home, I'm vulnerable without your hedge. Please protect me today, Lord.