

Women Counseling Women:
Biblical Answers to Life's Difficult Problems

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Week 10

“Help for Habitual Overeaters”

A habitual overeater is a person who regularly eats more than is necessary or profitable for her body and health. She does so out of sheer pleasure, joyless habit, or both. Her eating is often intertwined with her emotions and her desire for distraction from trouble.

Life Perspective

Living for the moment vs. living with eternity in view (Luke 12:23)

Living to please ourselves vs. living to please the Lord (Col 3:23, I Cor 10:31))

Living as a slave to a bad habit vs. living as a bond-servant of Christ (Phil 1:1)

Heart Motive

Our habits will never change until the motives of our hearts are changed.

We can't change our motives on our own. There is only one Person who can change our hearts. When it comes to real change, we don't need a life coach. We need a heart-transforming Savior. We must have a real, powerful, and ongoing relationship with Jesus Christ. (ICor 10:13)

Satisfaction in Christ- He is the source of our faith, hope, and love. (ICor 13:13)

Faith in Jesus Christ and His beauty helps us conquer the lie that food is more satisfying than God's presence. (Ps 16:11, Heb 4:15-16, 11:1&6, 13:5)

Hope, confident expectation in God's goodness, assures us that God will comfort and sustain us in ways that food never could. (I Thes 1:3, Heb 11:1, Rom 5:5, Rom 15:13)

Love for God, because of His love for us, will enable us to conquer this enslaving habit and rest in His work for us. (Matth 22:37, I John 4:19)