

*Life* Unbinged

Audiobook  
Companion



Faith-Filled *Freedom*  
from Food Obsession

KRISTY McCAMMON

## *Action Step: My Whys*

List them all.

My biggest whys:

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My basic whys:

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## Action Step: Food Plan

1. Familiarize yourself with the food plan from God's gorgeous garden.
2. Practice writing a sample meal-planning day in the chart below.
3. Enjoy creating your new grocery list and give thanks! God loves you so much.

If grocery shopping in the aisles of the store is currently a temptation that feels too challenging, order online from your grocer and use their pickup or delivery service. The minimal fee will be worth it!

### Sample meal-planning

<b>Date:</b>	
<b>Breakfast</b>	
<b>Protein:</b>	
<b>Grain:</b>	
<b>Fruit:</b>	
<b>Lunch</b>	
<b>Protein:</b>	
<b>Fruit:</b>	
<b>Vegetable:</b>	
<b>Fat:</b>	
<b>Dinner</b>	
<b>Protein:</b>	
<b>Vegetable:</b>	
<b>Fat:</b>	

## *Action Step:* Create Your Own Temptation Plan

Pick activities that will work best for your unique temptation plan, manageable steps you'll walk through BEFORE you reach for that food.

List the top five things you will do when tempted to eat something that's not on your food plan. Examples: stop, pray, walk away; take five deep breaths; call or text a friend; take a walk; journal; write a thank-you note; serve others; have a one-minute dance party; . . .

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_



## Part 2: Truth

Who does God say you are? What exactly does He say about you? Look up each Bible verse below and fill in the blanks, etching the truth into your heart. You're becoming transformed by renewing your mind!

John 1:12

**I am God's . . .**

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2 Corinthians 5:17

**I have been . . .**

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Romans 5:1-2

**I have . . .**

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Colossians 2:9-10

**I have been . . .**

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Philippians 4:13

**I can . . .**

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Romans 8:37

**I am . . .**

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Romans 8:39

**I cannot be . . .**

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*Bonus Online Content*

Who I Am in Christ





## Part 2: Do it!

1. Look at your Goal Weight Goals.
2. Choose one goal, circle it, and go ahead and do it today or this week. If it requires scheduling, get it planned and on the calendar.
3. I chose to \_\_\_\_\_ and I did it on \_\_\_\_\_!  
(date)
4. Share your “I did it!” with a supportive friend.
5. Below, write the details of your did-it experience. Go deep and be honest. These questions may help:
  - How did you feel, and what thoughts were going through your mind as you studied your list and made your choice?
  - How did you feel once you made the choice and began to make plans?
  - What thoughts did you experience as you set out to accomplish your goals?
  - What thoughts and feelings did you have while doing it?
  - What were your thoughts and feelings afterward?

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## Action Step: My Go-to-God Overview and Schedule

As I've shared, I'm visually oriented, so tools like the following overview and schedule are important for me. Seeing our lifestyles on paper can help us better renew our minds—in this case, our awareness of the time we seek God first. Creating a Go-to-God Schedule can help create an essential habit of relationship with Him and foster spiritual growth.

**Important:** The following overview is *not* meant to be shaming, guilt-inducing, or legalistic. The point is simply for you to see how frequently you typically seek God first.

1. Write down an overview of your present frequency in seeking God first.

	Day(s)	Time Frame
Church Attendance:	_____	_____
Dedicated Praying:	_____	_____
Reading and Studying God's Word:	_____	_____
Memorizing Scripture:	_____	_____
Worshipping:	_____	_____
_____	_____	_____
_____	_____	_____

2. Creating and following a Go-to-God Schedule will help train your thinking to be “God first”-centered.

Note: While prayer and worship should ideally become ongoing throughout your day—a *relationship* with God as your *companion*—setting specific times to be focused on prayer and worship is an essential starter step.

TOOL 1: SEEK GOD FIRST

Again, this action step is *not* to create guilt or shame (enemy traps!) but to help you create and cultivate a deep, ongoing *relationship* with God and growing knowledge and understanding of Him and who you are in Christ Jesus.

*As you're completing your ideal schedule, consider the transition times in your day, such as before meals, after work, the half hour before the kids burst through the door after school, before bed, early morning, . . .*

Go-to-God Action	Day(s)	Time Frame
Church Attendance:	_____	_____
Dedicated Praying:	_____	_____
Reading and Studying God's Word:	_____	_____
Memorizing Scripture:	_____	_____
Worshipping:	_____	_____
_____	_____	_____
_____	_____	_____

Consider setting a reminder on your phone for each interval of action.

- Perhaps make a photocopy of your Go-to-God Schedule to post on your fridge or pantry door as a reminder to be habitual in seeking God first.



## *Action Step:* My Praise Posture

1. Describe your praise posture. If you don't yet have one, consider what that will look like for you and describe it.

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However long it takes for you to fully surrender into your unique praise posture, take that time.

We don't wait to practice fencing until the battle is upon us; we practice continuously to be ready when the enemy appears.

2. Right now, practice your praise posture, giving all of yourself to God.
3. Make this practice part of your lifestyle with Christ.

## *Action Step:* My Food Addiction Behaviors

With God’s grace and goodness and our full surrender to Him in the safety of His arms, we can rid ourselves of the deepest roots of addiction behaviors, using the ten tools of surrender. Change begins with honest acknowledgment.

**This assignment is not to create shame or guilt!** This exercise is simply to help you start unraveling and peeling back the layers to reach the depth of your relationship with food versus the depth of your relationship with God. Climb into your Father’s arms and trust Him as you do this deep gardening with Him.

1. As related to food and overeating, list every shame-inducing behavior you’ve done. You’ll need to give this assignment some thorough thought to comprehensively complete. Again, honesty is key to becoming transformed and fully surrendered to God’s best for you—fully free to enjoy the abundance of the beautiful garden He planted and designed for you.

Through this exercise, you’re digging up all the behaviors that have been ruling as idols and limiting your life. There’s a litany of things we do when we’re trying to get a quick hit for our addiction. My own list is long. In prior chapters, I’ve shared several of my own. Here are a few more common behaviors to help stir your memory of your own addiction behaviors: eating out of the trash, taking food from someone’s plate when they stepped out of the room, and stealing food from other places.

Again, take time to really dig through and dig up your addiction behaviors and habits from over the years, laying them all at Jesus’s feet.

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TOOL 4: DENY YOURSELF

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2. Having laid those before your loving Father, you may feel shame and guilt. But that's not His intention for you. Acknowledge each behavior to Him, one by one, through the following prayer, and receive His love, grace, and forgiveness with thanksgiving and gratitude, letting go of them and your shame and guilt.

*Lord, I \_\_\_\_\_ . Here it is. Take it and give me Your strength to leave this at Your feet. Thank you for removing this and my shame and guilt as far as the east is from the west. Thank You for grace and love, Your power, strength, and goodness at work in me.*

## *Action Step:* Be Still and Know

1. Take a moment to think about that stillness, knowing all the ways that God is *God*:
  - the Almighty
  - Creator of all things
  - timeless and true
  - living and present
  - faithful and unfailing
  - our help in times of trouble
  - our hope and encourager
  - our great physician and counselor
  - our loving and giving Father, who knows all things
  - the One who knit us together and gave us life, a purpose, hope, promises, provision, and more
  - the One who wants our full surrender and fellowship
  - the One who wants our all—our love, devotion, honor, obedience, and praise
  
2. Feel the power of your Father's invitation and instruction to be still before Him. Know and acknowledge His rightful place in your life, who He is, and who He says you are. Know that He is yours and you are His.
  
3. Set a timer for three minutes to practice this body, mind, and spirit posture of stillness and focus on God.
  
4. Now, write about your stillness experience. Be honest. After all, God knows all your thoughts and feelings. Your honesty will help free you as you make this time before God a daily habit. Perhaps these questions will help as you think deeply about your experience:
  - Did I stand, sit, kneel, lie down?
  - How did my position, stillness, and imagery feel, being in God's presence, knowing He is the Creator of all things, the all-knowing and all-mighty, the triune God, my Father?
  - Did I hear from God? What did I hear? How did His words make me feel?
  - Did I have any new discoveries about Him? What were they? How did they make me feel?



## *Action Step:* Truths of Humility

Let's renew our minds with these truths about humility:

- Humility, practiced, produces the trust and confidence that “in all things God works for the good of those who love him, who have been called according to his purpose” (Romans 8:28) and that “I can do all things through Christ who gives me strength” (Philippians 4:13 BSB).
- Humility is a powerhouse gift of strength from God that we can choose (Proverbs 29:23).
- Humility is an act of trust in God to lead us through or carry us through, whichever is needed at any given time (Galatians 2:20).
- Humility reminds us that we can't maneuver well through this life and past every ditch and cliff without the strong arms of our Savior yoked to us. It also reminds us that we need Him and His yoke every second of every day to overcome and have lasting success (Matthew 11:30).
- Humility acknowledges that our way doesn't work nearly as well as God's and reminds us that His plan is always bigger and better and best (John 15:5).
- Humility keeps us open to the fact that a great temptation and a lot of little ones will certainly find us (1 Corinthians 10:13).
- Humility reminds us that we can “approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need” (Hebrews 4:16).

## *Action Step:* Read, Write, Memorize, Meditate

1. Choose a book of the Bible and daily read or listen to at least one chapter until you've completed that book. Then choose another book of the Bible and do the same, and so forth.
2. Make notes in a journal (or in your Bible), making special note of a verse or brief passage that God has drawn you to memorize.
3. Target memorizing one verse or brief passage each month. Perhaps you've read a verse I've shared in this book that you want to start with. The following is one of my very favorites in terms of my relationship with food and with God:

Taste and see that the Lord is good; blessed is the one who takes refuge in him. (Psalm 34:8)

## Memorization Tips and Tools

- Whatever verse or passage you choose to memorize, read it again and again.
- Personalize the verse or passage by adding your name. Example:

*Kristy, taste and see that the Lord is good; blessed are you, Kristy, when you take refuge in Him.*

- Take that personalization deeper by making it your prayer to God day after day as you're committing the verse(s) to memory. Example:

*Lord, I will taste and see that You are good. I am blessed when I take refuge in You.*

- Meditate on specific keywords in the verse(s). Example—"refuge":

*I am truly blessed when I take refuge in my Father through prayer and His Word. In the past, I took refuge in food, the refrigerator, the pantry, and drive-throughs. Earthly things hold zero power of refuge. Only God can be my all-powerful help and shield, my fortress and strong tower in times of trouble.*

## TOOL 7: CONNECT TO GOD: SCRIPTURE

- While various apps and other tools help us memorize God’s Word, I encourage you to handwrite the verse(s) you’re memorizing.

Handwriting is scientifically proven to increase brain activity, which enhances our ability to memorize. Involving other physical activities during memorization will further increase that ability. Example: use dance or other full-body or limb movements while reciting your verse.

Enhancing your handwritten verse by writing in cursive and on pretty paper or decorative note cards will also increase your ability to memorize.

- Post your handwritten verse on your refrigerator or mirror. Make a copy to post in your vehicle and another on your desk. Each month, exchange that posted verse with your new verse—but keep each written verse. You may want to display those in your bedroom or the hall on a decorated bulletin board. What a conversation starter and spiritual food for your guests and family!

*Taste and see that the Lord is good; blessed  
is the one who takes refuge in him.*

(Psalm 34:8)

## *Action Step:* Psalm 139

Dwell on your Father's love for you and His knowledge of you. Sit with Him in conversation, worship, and praise.

You have searched me, Lord,  
and you know me.  
You know when I sit and when I rise;  
you perceive my thoughts from afar.  
You discern my going out and my lying down;  
you are familiar with all my ways.  
Before a word is on my tongue  
you, Lord, know it completely.  
You hem me in behind and before,  
and you lay your hand upon me.  
Such knowledge is too wonderful for me,  
too lofty for me to attain.  
Where can I go from your Spirit?  
Where can I flee from your presence?  
If I go up to the heavens, you are there;  
if I make my bed in the depths, you are there.  
If I rise on the wings of the dawn,  
if I settle on the far side of the sea,  
even there your hand will guide me,  
your right hand will hold me fast.  
If I say, "Surely the darkness will hide me  
and the light become night around me,"  
even the darkness will not be dark to you;  
the night will shine like the day,  
for darkness is as light to you.  
For you created my inmost being;  
you knit me together in my mother's womb.  
I praise you because I am fearfully and wonderfully made;  
your works are wonderful,  
I know that full well.  
My frame was not hidden from you  
when I was made in the secret place,  
when I was woven together in the depths of the earth.  
Your eyes saw my unformed body;  
all the days ordained for me were written in your book  
before one of them came to be.

How precious to me are your thoughts, God!  
    How vast is the sum of them!  
Were I to count them,  
    they would outnumber the grains of sand—  
    when I awake, I am still with you.  
If only you, God, would slay the wicked!  
    Away from me, you who are bloodthirsty!  
They speak of you with evil intent;  
    your adversaries misuse your name.  
Do I not hate those who hate you, LORD,  
    and abhor those who are in rebellion against you?  
I have nothing but hatred for them;  
    I count them my enemies.  
Search me, God, and know my heart;  
    test me and know my anxious thoughts.  
See if there is any offensive way in me,  
    and lead me in the way everlasting.

## *Action Step:* Find Your Group and Bible Study Tools

If you're already connected with a group of believers, take time to pray for them. If you're not yet connected, I urge you to find your group and stay connected, no matter what.

Make a list of the people who draw you closer to Jesus.

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Now, plan to spend more time with these people. Iron sharpens iron.

## *Action Step:* Living Thankful and Grateful

Keep a running list of God's blessings and wonders, and commit to adding at least one new one to your list every day, giving thanks and embracing that with gratitude.

Tips:

- There's an abundance of really neat gratitude journals, but a spiral notebook will do.
- When you're feeling that you can't find a different blessing or wonder to add, consider moving through your five senses:

SEE

What do I see around me?

HEAR

What do I hear near me and in the distance?

SMELL

What do I smell? (Maybe you'll pick up on the detergent wafting from your shirt, or your deodorant. All blessings!)

TOUCH

What do I feel by touch and in the air?

TASTE

What do I taste within each item, this compliant meal on this beautiful plate? (Hint: sight bonus!)

Here's a fun alternative to a journal: Write each day's new thankful and grateful item on its own little card or slip of colorful paper and put it in a Mason jar or clear vase. Watch it fill up as your soul is daily filling up. That's another great conversation starter when you entertain guests, and certainly a beautiful example for those living with you. You may eventually find that you've begun a family tradition of noting the countless blessings you have for which to be thankful and grateful. What a legacy!

**The thankful and grateful posture is not just about you** (or me); it's about being the light of Jesus to others. He said, "You are the light of the world" (Matthew 5:14). In that context, He gives us some logic to help us remember His will. He said people don't "light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds [obedience to Christ] and glorify your Father in heaven" (Matthew 5:15–16, author addition).

If you're ever wondering what God's will is for your life, one thing is certain: You are to be a light of thankfulness and gratitude to God. You are also to

TOOL 10: REMAIN THANKFUL AND GRATEFUL

*Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.*

(1 Thessalonians 5:16–18)

## 10 Tools of Surrender

1. Seek God First
2. Renew Your Mind
3. Practice a Posture of Surrender
4. Deny Yourself
5. Be Still and Know
6. Practice a Spirit of Humility
7. Connect to God: Scripture
8. Connect to God: Prayer
9. Connect to Others: Iron Sharpens Iron
10. Remain Thankful and Grateful

*Bonus Online Content*

Tools of Surrender Poster



## *Action Step: Advocating for Myself*

1. On the Life Unbinged confidence scale of one to five—1 being the least confident in advocating for yourself—where are you currently sitting? Be honest with yourself.

1   2   3   4   5

2. When you read “advocate for yourself,” what image(s) comes to your mind, and how do you feel? Scared? Confident? Something else? Describe the image(s) and your feelings.

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3. Now consider the five food boundaries against the various circumstances you encounter in day-to-day life. Pinpoint a specific area where you feel least confident in self-advocating for your life unbinged. Give yourself time for deep, inner exploration. Then write the circumstance, your feelings, and the whys and hows that shaped, or are currently influencing, your lack of confidence in advocating for your needs.

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DO THE NEXT RIGHT THING—WITH CONFIDENCE

4. Write about a specific circumstance when you didn't advocate for yourself. How did that play out? What was the end result? What were your feelings as you moved through the circumstance and afterward?

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5. Write one or two statements you'd feel comfortable saying in such circumstances to advocate for yourself.

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6. Which one of the following Scripture verses most keenly encourages your confidence to self-advocate for your life unbinged? Commit the verse to memory as a confidence booster:

**Psalm 27:3**

Though an army besiege me [food], my heart will not fear [a life unbinged]; though war [temptation] break out against me, even then I will be confident [in self-advocating].

**Joshua 1:9**

“Have I not commanded you? Be strong and courageous [living life unbinged]. Do not be afraid [to self-advocate]; do not be discouraged [about other people’s feelings], for the Lord your God will be with you wherever you go.”

**Jeremiah 17:7**

Blessed is the one who trusts in the Lord, whose confidence is in him [each step of life unbinged, including self-advocating].

**Philippians 1:6**

Being confident of this, that he who began a good work in you [life unbinged and self-advocating] will carry it on to completion until the day of Christ Jesus.

**Hebrews 13:6**

“The Lord is my helper; I will not be afraid [to self-advocate].”

## *Action Step:* Seeing and Feeling My Behavior—Part 1

What does it look and feel like when you're "in the food"? Draw that picture. Don't worry about your artistic skills; just get the idea of your behavior on paper.

Study what you've drawn and describe how the image and your thoughts make you feel.

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## *Action Step:* Seeing and Feeling My Behavior—Part 2

What does it look like when you're *not* “in the food” and you're fully surrendered to God's best?

Study what you've drawn and describe how the image and your thoughts make you feel.

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## *Action Step:* Mindset Matters

How we think (mindset) and what we choose to think about as we move through our various circumstances can bury God’s gift of peace. His peace doesn’t depart from us; we depart from His peace. Consider how these examples relate in you:

- You may be carrying miserable emotions from childhood, and living with those may be your uncomfortably comfortable state of resignation.
  - Worries, anxieties, and fears from big events—even the happy ones like marriage and birthing babies—may have taken up residence in you like a handful of clouds that remain over you. Maybe you’ve grown so accustomed to sharing space with these emotions that you no longer see them for what they truly are: peace stealers.
  - Those same emotions likely rise in you as you anticipate upcoming encounters like potlucks, birthday parties, and holiday dinners, and you allow those robbers to stay in you, perhaps out of habit.
1. Spend time uncovering all your worries, anxieties, and fears, and list those in the left-hand column.

Worries/Anxieties/Fears	Truth/Comfort
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
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<hr/>	<hr/>
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2. Now, in the right-hand column, write the promise from Jesus found in John 20:19: *Peace be with you*. On each line of your list, write those four powerful words of divine promise. In other words, no ditto marks! You're doing transformative work, renewing your mind. So carry that promise with you throughout your days.

I want you to know God's grace and peace throughout every day, in every circumstance. Keeping your heart and mind bathed in God's promises is an act of receiving His all.

Let's practice surrendering our all to Christ and receiving His all.

“The Lord bless you  
and keep you;  
the Lord make his face shine on you  
and be gracious to you;  
the Lord turn his face toward you  
and give you peace.”

(Numbers 6:24–26)

## *Action Step:* My Daily Rest and Reset Plan

Part of the grace-upon-grace lifestyle is taking a daily *rest and reset* time to refuel your willpower.

1. Choose a reset time.

Mine is three o'clock in the afternoon. My phone alarm is set to remind me to pause, rest, and reset. I encourage you to set a reminder that's most effective in getting your attention. You may need to change the means occasionally because we grow so accustomed to repetition that we no longer hear it, see it, or feel it.

2. Decide how much reset time you need for each interval.

I need approximately five to ten minutes. We're each different. Maybe you need ten or twenty minutes.

3. Create and commit to your daily rest and reset plan—the when, where, and what.

Let's say your struggle begins at about 3:00 p.m. each day, and you need ten minutes to pause, rest, and reset. Where do you plan to go, and what do you plan to do?

Examples:

Where

- Go outside to a peaceful area.
- At home, you may prefer your prayer closet or favorite quiet room. (The bathroom counts!)
- At work and church, you may want to go into the supply closet, an empty office, or an unused conference room.
- At a big event, walk until you find a place of quiet and solitude.

What

- Pray.
- Recite the Scripture verses you've memorized.
- Pick up where you left off in reading your Bible. (For away times, there are purse-size Bibles and Bible apps for your phone.)
- Sing or listen to praise and worship songs, or perhaps you're a musician and will want to strum your guitar or play the piano.
- Dance.
- Lie on the floor, looking toward the heavens, imagining yourself resting in the arms of God.

When I hear my reminder at three o'clock, I take a few minutes to finish what I'm doing, and then I typically grab sparkling water or a cup of coffee or tea and go outside. I pray, "Lord, I just need to take this time with You." I read a bit of Scripture and sometimes listen to a worship song.

Whatever you need to do to practice the daily grace of resting, resetting, and refueling your willpower, plan it and do it. Make your grace time a priority and keep it fresh by changing the plan as needed.

4. Below, set your daily pause time(s). You may need two occasionally or each day.

Pause Time: \_\_\_\_\_ Pause Time: \_\_\_\_\_

Pause Length: \_\_\_\_\_ mins.

5. Set a reminder(s) on your phone or whatever device will alert you to pause.

6. Set your pause locations below. Include more than one to allow for variable circumstances (like weather, if you like to be outdoors) and for mixing things up.

\_\_\_\_\_  
\_\_\_\_\_

7. Set your pause time activities.

\_\_\_\_\_  
\_\_\_\_\_

8. If you love music, prepare your playlist now.





## *Action Step:* Enveloped in the Folds of God's Love

In the Psalm 23 paraphrase below, place your name within the folds of God's love as you read aloud, slowly and thoughtfully. Imagine yourself in your heavenly Father's arms, fully immersed in His love as it truly is: the most luxurious, refreshing, satisfying, peace-filled banquet and bath, attended by the Servant of all servants, your Savior, Jesus:

The Lord is \_\_\_\_\_'s shepherd; she lacks nothing.

He urges \_\_\_\_\_ to rest peacefully in His luxurious green pastures.

He leads \_\_\_\_\_ beside tranquil waters and fully refreshes her soul.

He guides \_\_\_\_\_ along the right paths for her greatest good, bringing glory to His name. . . .

He prepares a luxurious and bountiful table for \_\_\_\_\_ in the presence of her enemies.

He anoints \_\_\_\_\_'s head with oil, blessing her and setting her apart as His daughter; her cup overflows with everything she needs and more.

Most certainly, the Lord's goodness and love will follow \_\_\_\_\_ all the days of her life, and she will dwell in complete love, peace, and joy in her Lord's house forever.

Now, read the passage again, believing with firm and full conviction that you *are* the daughter of the King of kings. Believe your Father's written thoughts to you. Allow the passage to fill the deepest recesses of your soul and overflow through all your days.

The Lord *is* my shepherd; I lack *nothing*.

He urges me to *rest* peacefully in His luxurious green pastures.

He leads me beside tranquil waters and fully *refreshes* my soul.

He guides me along the *right* paths for my greatest good, bringing *glory to His name*. . . .

He prepares a luxurious and bountiful table for me in the presence of my enemies.

He anoints my head with healing oil, blessing me and setting me apart as His daughter; my cup *overflows* with *everything I need* and more.

Most certainly, the Lord's goodness and love *will* follow me *all the days of my life*, and I *will* dwell in complete love, peace, and joy in my Lord's house *forever*.