

# Grace Upon Grace

Surrendering is a process that takes time. We need to recognize that we have had a dysfunctional relationship with food in the past and can easily slip back into old habits and behaviors. Although overeating may seem harmless at first, it can quickly become a sin problem and lead us out of control and lead to overindulgence, lack of self control, turning to food for comfort, falling into temptation and further separating us from God. We will never be perfect, therefore when we slip or struggle..... We are in need of GRACE.

## **G - Go to God.**

As much as we want to be perfect, it is simply impossible - we are going to make mistakes. God already knows that and loves us in spite of it.

1 John 1:9 If we confess our sins, He is faithful and just and will forgive us our sins and purify us from all unrighteousness. He wants us to surrender and lay our burdens at His feet. He promises that He is a safe place.

Psalms 34:8 Taste and see that God is good, blessed is the one who takes refuge in Him.

## **R - Receive Grace.**

Let go of shame. Jesus did far too much on the cross for us to walk around in shame.

Romans 8:1 Therefore, there is now no condemnation for those who are in Christ Jesus.

## **A - Access the situation**

What happened?

What caused me to reach for that bite?

What was going on right before I ate off of my food plan?

What was I feeling?

Have I been planning my meals?

Did I stop to use my temptation plan?

What can I do differently next time?

## **C - Cling to the truth of our identity.**

It is usually at this point that we start feeling like we have failed. Let's hold fast to the truths that God says about us. We are loved, valued, treasured, and victorious. Although we may feel like we will not conquer this food issue, God calls us MORE than a conqueror in Romans 8:37 and we need to cling to that.

## **E - Equip yourself with the tools for success**

Use your temptation plan, plan & weigh your meals, reach for connection & support. Move forward in freedom. Galatians 5:1 It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.