Recently, I posted that I was cleaning out my closet…. “Out with the old size FOREVER and in with the new”. Someone commented afterwards, that they had noticed I had lost weight and wanted to know how I had done it. I answered back with a short description of what I have done. Much to my surprise, that has snowballed into many people contacting me wanting to know more about how I’ve done it and wanting more information on the book I read (Made to Crave by Lysa Terkeurst). Then last night, as we were closing out a Life Group Study session we have been doing entitled “Called and Accountable”, I encouraged everyone that each one of us has a story. We all have a lifetime of experiences, struggles and triumphs, that God has carried us through. In turn, He wants us to use those experiences to encourage others. In 2 Corinthians 3-4 it says, “Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves have received from God.” The word comfort in this passage means to stand beside a person, encouraging and helping him or her in a time of trouble. I challenged the group to use their experiences to minister to others. Becoming a Christian isn’t just receiving Christ as my Savior and then just living my life, being a good person and then waiting for Heaven. My life is not about me, it is about bringing Glory to God by purposefully living life in such a way and sharing my faith, my life story, so that it leads others to Christ. Well, this morning I woke up and had an epiphany, an aha moment! God wants to use my struggle, my story to help others crave God not food. That little challenge last night was not just for everyone else it was for me.

So here goes….I would like to share with you my journey. Not a diet plan, but a spiritual journey, a lifestyle change. For the majority of us the battle with being overweight, it is not a physical battle, it is a spiritual one. God has put within each of us a craving for more of Him. We fill that craving with drugs, alcohol, sex, money and in my case food. For years I have battled my weight. It all began on November 20, 1985. That day my sister was killed in a car accident. That evening, well meaning, generous, loving and caring people began to bring food. We had so much food that we had to borrow an extra refrigerator to hold it all. So what did I do? I began to fill my desire for comfort with food not God. That was the beginning of the battle with my weight. Think about it… we grieve, we eat; we celebrate a special occasion, we eat; we are bored or lonely, we eat; church gatherings, we eat; business meeting, we eat. Every emotion, every high point, every low point is associated with food. At least it was for me. I tried all kinds of diets, Slimfast, Weight Watchers, Atkins, Advocare, fasting, etc. and lost. But, I always gained it right back when the diet got old. What I needed was to stop focusing on the food and start focusing on God, a lifestyle change. In August of this last year, I stepped on the scales to find that I was completely out of control, weighing in at a weight that Biggest Loser contestants weigh in at. It is so hard for me to admit. But, I weighed 257 pounds! I was completely devastated!! Earlier that year, for Mothers Day, Joshua said he wanted to give me a book. He told me to pick out any book I wanted. I picked “Made to Crave”. Three months later, after stepping on the scales, I decided it’s time to read the book! It changed my whole outlook on my battle with weight loss. Five months have passed and I have lost 45 pounds. I have gone from a size 22/24 to a size 16/18. I feel much better, have more energy, more confidence and even bought some shirts in the regular women’s section at the mall (Yay, I can shop with my friends now, instead of embarrassingly sneaking off into the plus size sections!). It has been a long hard journey and I still have a long way to go. But it has been worth it.

All this to say: In the weeks to come, as I continue this journey I will share quick tips, scriptures, quotes, etc. that have helped me. I encourage you to comment on them and share tips that have worked for you. I need all the help I can get. From time to time I will share longer notes like this one, sharing more of my journey. I am hoping to use facebook as a tool to encourage others. I know there are a lot of you out there that have battled what I am battling. I have already had an overwhelming amount of people asking questions. I pray you see my heart in this. I am not looking for the praises of man. I have tried losing weight on my own….this time it has been a “God thing”. My prayer is that by me being transparent, others will see, with God’s help, they too can be overcomers!

So here goes….let the journey continue!

God Bless!

Lamentations 3:22-24 “The ***LORD*** is my portion; therefore I will wait for ***Him***.”