**Perception Performance 10 Free Eating-Hunger for God**  ©2018 WF Cobb Truthbase.net ***DailyTruthbase.blogspot***

**I. You know** you have a poor rlshp with food (Dysfunctional Eating) when you pay more attention to/hunger for Food rather than God

Denial; Deprive yourself of what God gives enjoy; Deceptive: shame/hiding your obsession from others; Destroying your body, health, life

Deceived: into thinking that worth/value comes from pleasing others (what they think) rather than God; fear of food rather than God. *Pr 1*

Jn 8:43you are not able to listen to My word 44 You are of your father the devil, and the desires of your father you want to do. He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him....he is a liar and the father of it. 10:10...steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.

**II. Why your rlshp went sour/bad** *(APP: What made you decide to start restricting your calories or binge and purge?)*

Not a choice, but product of subtle embracement choices *(getting lost);* failed to hear and embrace God, Truth, wisdom. Rebellion! *+/-3#*

1Cor 6:19 don't you know that your body is the temple of the Holy Spirit who is in you, whom you have from God, and you are not your own? 20 For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's.

Gen 1:29 food 1Tim 6 enjoy Ecc 2:24 Nothing is better than they should eat and drink, and should enjoy good in their labor. This I saw, was from the hand of God 26 For God gives wisdom and knowledge and joy to one who is good in His sight *Ps 145:15-16 opens hand*

Looking for love-acceptance *(Gen 4)*, control, significance/value/attention, self-worth/image, comfort; resp to stress/anxiety,

**Gluttony** Phil 3:19 whose end is destruction, whose god is their belly, and glory is in their shame, who set their mind on earthly things Col 3:5 put to death...greed (desire for more) which is IDOLATRY. Overindulgence/lust for gratification at the expense of responsibility.

1Thess 5:22 Abstain from every form of evil. 23 may the God of peace Himself sanctify you completely *1Pt 1:22*; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ 24 He who calls you is faithful, who also will do it

1Cor 10:14 flee idolatry 1Thess 1:9 you turned to God from idols to serve the living and true God 1Jn 5:21 keep yourselves from idols. Amen.

**III. Reasons/motivations to have a free and open rlshp**  *(APP: Why do you want to live, and what do you want from life?)*

Dt 30:19 I call heaven and earth as witnesses today against you, that I have set before you life and death, blessing and cursing; therefore choose life, that both you and your descendants may live; 20 that you may love the LORD your God, that you may obey His voice, and that you may cling to Him, for He is your life and the length of your days; and that you may dwell in the land,,,

Dt 32:46 Set your hearts on all the words which I testify among you today...be careful to observe --- all the words of this law.47 For it is not a futile thing for you, because it is your life, and by this word you shall prolong your days in the land...

**IV. How to gain and keep freedom** Gal 5:1 Christ has set us free so that we may enjoy the benefits of freedom. So keep on standing firm in it, and stop putting yourselves under the yoke of slavery again*. ISV* Rm 6:16 Don't you know that to whom you present/yield yourselves slaves to obey, you are that one's slaves whom you obey, whether sin leading to death, or of obedience leading to righteousness?

**Humble** yourself; confess; get mercy & grace; draw near – forgiveness/fellowship w/ God ;

1Pt 5:7 He cares for you 8 Be sober, be vigilant; because your adversary the devil walks about like a roaring lion, seeking whom he may devour

Js 4:6 But He gives more grace. "God resists the proud, but gives grace to the humble” 7 Therefore submit to God. Resist the devil and he will flee from you. 8 Draw near to God and He will draw near to you. Cleanse your hands, you sinners; and purify your hearts, you double-minded. 10 Humble yourselves in the sight of the Lord, and He will lift you up.

Heb 4:16 Let us therefore come boldly to the throne of grace, that we may obtain mercy and find grace/power to help in time of need.

1Jn 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**Embrace** the Truth and **Examine** expectations in light of Truth

Jn 8:31..believed..If you abide in My word, you are My disciples indeed 32 and you shall know the truth, and the truth shall make you free

**Ain't Gonna Reign No More** thru Accepting God's will and ways; and Accountability - Gal 6

*Raised = Dead to Sin ... Alive to God -Romans 6:4,6,9,14 For sin shall not have dominion over you: for you are... under grace.*

**Decide to believe** (by faith) the truth that you are dead to sin and alive to God *Rm 6:11 Likewise reckon yourselves to be dead indeed to sin, but alive to God thru Jesus Christ our Lord. 12 Let not sin therefore reign in you 2Pt 1:5; 1Thess 4:1-7 called to holiness*

**Extinguish desire** thru 1) Envisioning consequences; 2) Examining motives & the sin process then 3) **EXIT** at the first sign.
 *Rm 6:19-21; 8:13 For if you live acc to the flesh, you shall die: but if you thru the Spirit mortify the deeds of the body, you shall live. Col 3.-5 Mortify therefore your members Js 1:14 But every man is tempted, when he is drawn away by his own lust/desires, and enticed. 15 then when lust has conceived, it brings forth sin: and sin, when it is finished, brings forth death*

**Admit sin,** Name it (sin) and Claim it (forgiveness) in your journey
 *l Jo 1:8-9 If we* ***confess*** *our sins, he is faithful & just to forgive &* ***cleanse*** *us from all unrighteousness* (right in His sight)

**Don't slip back** *but do the new thing ... to the point of blood [See: Accountability Relationships] Heb 12:4 You have not yet resisted to blood,* ***striving*** *against sin. Rm 8:18 present suffering no worthy to be compared to future glory*

**Align your Thinking**, values, feelings, and actions with the Word of God and Will of the Spirit then **ACT AS IF**
 *Jn 17:17 Sanctify them through thy Truth: thy Word is Truth. Rm 6:17,- 8:14,- 12:1-2*

**Live Soundmindedly** (purposefully & objectively) as you pursue holiness with others who call upon the Lord

*2Tim 2:21 if anyone cleanses himself from the latter, he will be a vessel for honor, sanctified and useful for the Master, prepared for every good work. 22 Flee also youthful lusts; but pursue righteousness, faith, love, peace with those who call on the Lord out of a pure heart*

**Imagine & Ingrain** correct attitudes & behavior by thinking & prayer

*Josh 1:8...meditate ... for the purpose of obeying Php 4:8 think on these things.*

**Value Holiness** and the blessing (reward) of God above all else *Rm 6:18,22*

*Col 3:1-2 Set your affection on things above, not on things on the earth.*

**Expect God to work** through others and trials to produce in you the character and actions of His Son

*Rm 8:28-29, 32 conformed to the image*

**Love** God and others in fulfilling the purpose of your life and freedom (See:TOYL Purpose and Objectives)

Lk 10:27 love the LORD your God with all your heart, all your soul, all your strength, and all your mind, and your neighbor as yourself.

Gal 5:13 you have been called to liberty; only do not use liberty as an opportunity for the flesh, but thru love serve one another.

14 For all the law is fulfilled in one word, even in this: "You shall love your neighbor as yourself."

**Transform** values, and truth it in love Rm 12:1 Eph 4:14 that we should no longer be infants, tossed to and fro and carried about with every wind of teaching, by the trickery of men, in the cunning craftiness of deceitful plotting, 15 but, speaking the truth in love, may grow up in all things into Him who is the Head, Christ 16 from whom the whole body, joined and knit together by what every joint supplies, acc to the effective working by which every part does its share, causes growth of the body for the edifying of itself in love. 17...you should no longer walk as the rest of the Gentiles walk, in the futility of their mind, 18 having their understanding darkened, being alienated from the life of God, because of the ignorance that is in them, because of the blindness of their heart

**Hope/Trust** in God and His Promises Isa 40:31 Those who hope/wait on the LORD shall renew their strength

Ps 139:14 I will praise You, for I am fearfully and wonderfully made! Marvelous are Your works, and that my soul knows very well. ; *Image* of God; Accept the unchangeable as marks of God's ownership and acknowledgment of His wisdom; 1Pt 5:10 may the God of

all grace, who called us to His eternal glory in Christ Jesus, after you have suffered a while, restore, support, strengthen, and stabilize you

Jer 29:11 I know the plans I have for you declares LORD, thots of health/prosperity and not misery, to give you a future and a hope!

**Yield yourself daily** to draw on God's grace to do His will Phil 2:13 God is at work in you to will and do His good pleasure!

Rm 12:1 I beseech you therefore, brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service of worship. 2 And do not be conformed to this world, but be transformed by the renewing of your mind, that you may demonstrate what is that good and acceptable and perfect will of God.

**Questions for Reflection/Discussion/Response:**

1. How did you get to the point of desiring food/control (pleasing self) more than pleasing God? Do you realize you've missed the mark/sin?

2.What are some of the deluded thots and values that ensnare people in eating disorders? How do folks have these thots? Why embrace them?

3. Have you reached the point where you're your sick and tired of being sick and tired and defeated? Have you repented/confessed to God?

4. Would you rather serve satan who enslaves and kills or God who enlivens and blesses and turns every trial into a triumph (now & eternal)?

5. Will you submit to God and yield your will to His, giving Him control of your life, or keep your sad life and lose at life?

*Mark 8:35 whoever desires to save his life will lose it, but whoever loses his life for My sake and the gospel's will save it.*