



A Fresh Start in our Fitness

Eccl 10:16, 17 and John 6:35

Listen! The standard pattern of self-medication:

- **Stimulus:**
- **Thought:**
- **Emotions:**
- **Assessment:**
- **Response:**
 - Self-medication options include, but are not limited to: alcohol, food, pornography, fantasy, performance, collecting, work, TV, drugs, perfectionism, video games, body building, shopping, tobacco, risk taking, and gambling.

Note Well: One of the most common, readily available, most accepted, and least addressed forms of self-medicating is food.

The Problem—sometimes we take the wrong approach to food:

Approach #1 (Eccl 10:17). The king is noble and:

- Princes eat at the proper time:
- Princes eat for strength:

Approach #2 (Eccl 10:16). The king is a lad and:

- Princes eat at the wrong time:
- Princes eat for drunkenness:

Application: In preparing for this message I began to fear that I have a food addiction because:

- I hide my eating from my wife and others.
- I almost never pass a bowl of snacks on a counter without taking something.
- If I drop an M and M on the floor, I pick it up and dust it off and eat it.
- I have a desk drawer full of chocolate and granola bars and Peppermint Patties.
- I drink 5 to 8 diet colas a day.
- I almost always know how long it is until I can eat again.
- I begin snacking within 30 minutes of eating a meal.
- I often go away from a meal feeling uncomfortably full.
- I eat when I am angry or anxious or afraid or confused or sad or full of self-pity.
- I get defensive when someone questions me about my eating habits or my weight.
- I weigh more than 10% above my target body weight.
- I justify being overweight by saying it is hereditary or I haven't had time to exercise.

The Solution: eat Bread—capital B. (John 6:35)

- Bread is filling—it satisfies hunger.
- Bread is nourishing—it gives me energy and strength.
- Bread was a foundational staple of the people in first century Palestine.
- Only Jesus can truly and adequately satisfy the hunger in our lives:
- Only Jesus can truly and adequately nourish our lives:

The Brutal Bottom Line: When I am emotionally empty and spiritually malnourished turning to Peppermint Patties is not only inadequate, it is also idolatry.

- A Peppermint Pattie delivers:
- Jesus delivers:

The Point: Jesus, the eternal God of the universe, is our ultimate Source of fulfillment, nourishment, and freedom.

Walking Papers

“Practical helps for walking the Christian walk this week—the Christian life is a daily thing.”

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Please take some time each day this week to think through these questions and ideas:

- **Today.** Can you list anything in your own life that may indicate an addiction to food or to snacking or to drinking or to another form of self-medicating?
- **Monday.** How would you describe the junction or decision point in life where you feel bad or empty and must choose what to do?
- **Tuesday.** When you are at that decision point do you sometimes make the decision without conscious thought? If so, why?
- **Wednesday.** How is Jesus superior to Peppermint Patties in the area of filling or satisfying?
- **Thursday.** How is Jesus superior to Peppermint Patties in the area of nourishing?
- **Friday.** How is Jesus superior to Peppermint Patties in the area of freedom?
- **Saturday.** What would you be willing to do if you decide that you have a food addiction?
 - Read: *A Hunger for Healing* by J. Keith Miller?
 - See a counselor about your bondage?
 - Ask a friend to help you with your bondage?
 - Memorize John 6:35?
 - Join Overcomers Outreach at CBC on Thursday evenings?

“Taste and see that the Lord is good.”