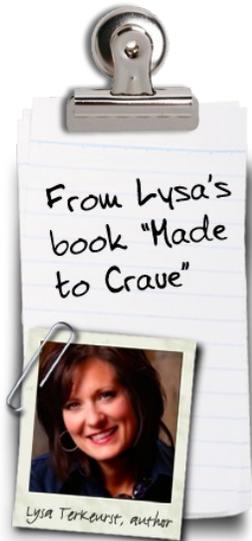


## Healthy Eating Go-To Scripts



We were made to consume food. But, food was never supposed to consume us. If you want to get healthy but find yourself stuck in a cycle of excuses, try replacing your old thoughts with these empowering thoughts. I call these “Go to scripts.” In other words, these statements can become our new patterns of thought that will lead to lasting victory.

**1. God has given me power over my food choices. I’m supposed to consume food. Food isn’t supposed to consume me.**

2 Corinthians 12:9-11, “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness... For when I am weak, then I am strong.”

**2. I was made for more than to be stuck in a vicious cycle of defeat.**

Deuteronomy 2:3, “You have circled this mountain long enough. Now turn north.”

**3. When I am considering a compromise, I will think past this moment and ask myself, How will I feel about this choice tomorrow morning?**

1 Corinthians 6: 19, “Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought with a price. Therefore honor God with your body.”

**4. When tempted, I either remove the temptation or remove myself from the situation.**

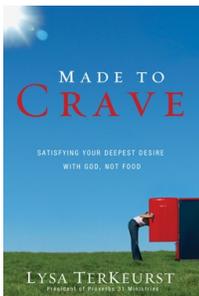
1 Corinthians 10:13-14, “...God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will provide a way out so that you can stand up under it. Therefore, my dear friends, flee...”

**5. When there’s a special event, I can find other ways to celebrate rather than blowing my healthy eating plan.**

Revelation 3:8 “See, I have placed before you an open door that no one can shut.”

**6. I have these boundaries in place not for restriction but rather to define the parameters of my freedom.**

Romans 6:19-20, “I put this in human terms because you are weak in your natural selves. Just as you used to offer the parts of your body in slavery to impurity and to ever-increasing wickedness, so now offer them in slavery to righteousness leading to holiness.”



These are taken from Lysa TerKeurst's new book *Made to Crave* - which can be purchased wherever books are sold.

Lysa TerKeurst helps everyday women live an adventure of faith through following Jesus Christ. As president of Proverbs 31 Ministries, Lysa has led thousands to make their walk with God an invigorating journey.

For more information, visit [www.MadeToCrave.org](http://www.MadeToCrave.org)

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