Just because a woman finally fits into her skinny jeans doesn’t mean she’s won her battle with food. Too often, women overlook the spiritual component to their physical struggle with healthy eating. Made to Crave taps into the desires God gave you to consume food without letting food consume you.

“Eating in its proper context is not the problem. God gave us food for nourishment, strength, and even celebration. But, when pleasure becomes unrestrained, there’s an issue.”

- Lysa TerKeurst