



*Lord God, how awesome and creative You are! And how kind and loving You are to provide things that bring us pleasure! You created us with taste buds, Father, and although we should eat to live and not live to eat, You wouldn't have given us taste buds if we weren't supposed to enjoy our food.*

*You created wheat for bread; help me to remember, Lord, that bread itself is not the enemy, but also help me to remember that, "Man does not live on bread alone but on every word that comes from the mouth of God." You created spices to make our food taste better, and You created wonderful things like cocoa beans and sugar cane. Help me to remember, Lord, that eating something the diet world says I shouldn't is not the sin- overindulgence is. Help me to live by Your truth that says, "Everything is permissible for me, but not everything is beneficial. Everything is permissible for me, but I will not be mastered by anything."*

*You declared all food clean, Lord; food is a good gift! Teach me to enjoy Your good gifts in moderation. We were never meant to enjoy food more than we enjoy a rich, full relationship with You. Please forgive me for the times I don't put food in its proper place, and help me to crave more of You instead.*

*The food freedom I desire is not just about no longer being a slave to food addiction, Lord, but it's also about no longer being a slave to the scale, to food prepping, or to nutrition labels. The more I learn, the more neurotic I become. Protect me from "Information Overload," so I don't trade a life spent in bondage for a life spent in fear.*

*Father in Heaven, "release me from this prison that I may praise Your name!" I don't want anything to occupy my mind more than You. Free me from being held captive to meal plans, because I want to live my life by Your grace and guidance, not by man-made food rules. I want to take better care of my temple by naturally making healthier choices, listening to my body's hunger and fullness cues, and setting healthy boundaries. Help me to live the life of freedom that Christ died to give me!*

*Give me a greater hunger for Your Word and truth and a greater thirst for Your Living Water. Awaken in me a desire for You like I've never known, Lord. As I learn to get Your truth into my spirit, help me to remember that "I am fearfully and wonderfully made," and that my value and worthiness are not defined by my size or weight. Father God, heal me from the inside-out; reveal to me the root cause of this struggle, and help me to cut it off.*

*Your Word promises, "He has sent Me to comfort the brokenhearted and to proclaim that captives will be released, and prisoners will be freed." I receive that truth with a grateful and humble heart, Lord Jesus. I claim that truth for my life because "I have overcome by the Blood of the Lamb and the word of my testimony!" Thank you, Jesus, that because of Your sacrifice on Calvary, I can live a life in victory!*

*In Your Name I pray, Amen.*