

## 7 Steps to Get Off Sugar and Carbs Course

### Step 2: Food Addiction Battle Strategies

1. Record pertinent information in your *Healthy Living Journal*.
2. Find a specific Bible verse to oppose your food issue and write it on an index card. Keep it with you until you memorize it. Speak the verse out loud every time you feel the urge to eat unhealthy foods. Tape it to your pantry or refrigerator.
3. Ask a friend to be your accountability and prayer partner.
4. Join a Christian weight loss program or an online food addiction program.
5. Determine food triggers and write them down in the *Healthy Living Journal* Temptation/Struggle Log. Avoid you triggers.
6. Implement the Five Steps to Binding the Strong Man of Addiction Plan (Step 5):
  - a. Name the thing controlling you—your food addiction, anxiety, eating disorder, depression, etc.—whatever it may be, and declare (out loud) Jesus Christ is your Lord in its place!
  - b. Submit yourself completely to God.
  - c. Bind the strong man (evil spirit of addiction) with the name of Jesus.
  - d. Use the Word of God to bind the strong man.
  - e. Punish the strong man by praising God.

Do you have an accountability/prayer partner, yet? Acquiring a support system is integral to successfully make this lifestyle change. Have you joined a Christian weight loss program or one of the online food addiction programs? A list of these programs is provided in appendix 2. If you

need to, reread step 2 about how to create your support system.

When you eat any unhealthy food, be sure to journal afterward—every single time. Figure out what you told yourself that validated why it was okay to eat the item. Then go through the Five Steps to Binding the Strong Man Plan (covered in Step 5 of *7 Steps to Get Off Sugar and Carbohydrates*). If you journal and implement this five-step plan every time you binge, you will experience success. Retraining your mind is like disciplining a child; consistency is vital to conformity.