

BREAKFREEFROM EMOTIONALEATING

Workbook



I AM STATEMENTS

I AM ACCEPTED

John 1:12 - I am God's child.

John 15:15 - I am Christ's friend.

Rom. 5:1 - I have been justified.

1 Cor. 6:17 - I am united with the Lord, and I am one spirit with him.

1 Cor 6:19,20 - I have been bought with a price. I belong to God.

1 Cor 12:27 - I am a member of Christ's body.

Eph. 1:1 - I am a saint.

Eph. 1:5 - I have been adopted as God's child.

Eph. 2:18 - I have direct access to God through the Holy Spirit.

Col. 1:14 - I have been redeemed and forgiven of all my sins.

Col. 2:10 - I am complete in Christ.

I AM SECURE

Rom. 8:1,2 - I am free from condemnation.

Rom. 8:28 - I am assured that all things work together for good.

Rom. 8:35f - I cannot be separated from the love of God.

Col. 3:3 - I am hidden in God.

Phil. 1:6 - I am confident that the good work that God has begun in me will be perfected.

Phil. 3:20 - I am a citizen of heaven.

2 Tim. 1:7 - I have not been given a spirit of fear but of power, love, and a sound mind.

Hebrews 4:16 - I can find grace and mercy in time of need.

1 John 5:18 - I am born of God, and the evil one cannot touch me.

I AM SIGNIFICANT

Matt. 5:13,14 - I am the salt and light of the earth.

John 15:1,5, 16 - I am a branch of the true vine and have been chosen and appointed to bear fruit.

Acts 1:8 - I am a personal witness of Christ's.

1 Cor. 3:16 - I am God's temple.

2 Cor. 5:17f - I am a minister of reconciliation for God.

2 Cor. 6:1 - I am God's co-worker.

Eph. 2:6 - I am seated with Christ in the heavenly realm.

Eph. 2:10 - I am God's workmanship.

Eph. 3:12 - I may approach God with freedom and confidence.

Phil. 4:13 - I can do all things through Christ who strengthens me.



EATING & NON EATING ACTIVITIES

One way you can begin to deal with overeating in your life is to discover the times and activities that cause you to overeat and then replace them when activities when it's more difficult to overeat. Make a physical change for a spiritual reason and God will honor that!

EATING ACTIVITIES

NON-EATING ACTIVITIES

EXAMPLES OF NON-EATING ACTIVITIES

- Write or draw
- Work outside
- Garden
- Organize a drawer or cabinet
- Paint your nails
- Play an instrument
- Play with your children
- Clean the house
- Read
- Scrapbook
- Sew/Crochet
- Take a walk
- Mow the lawn
- Sort through old photos
- Learn a new skill

DAILY QUESTIONS TO ASK FOR SUCCESS

Instead of using the scale as your view of success, begin to measure your success by your obedience to eat the way God intended. Here are four questions to ask yourself daily:

Did I eat in secret today?

Did I go to food for comfort?

Did I eat when I wasn't hungry?

Did I stop eating when I felt full?



**COPYRIGHT 2017 ASHLEY VARNER
FOR PERSONAL USE ONLY. DISTRIBUTION IS PROHIBITED.
www.ashleyvarner.com**