



100 DAYS TO FREEDOM

from
Overeating

Daily Devotional

STEPHEN ARTERBURN

A Living Temple

*Do you not know that you are God's temple
and that God's Spirit dwells in you?*

1 CORINTHIANS 3:16 NRSVUE

Today, because of Jesus and his sacrifice, we do not have to go to a temple far away to worship God or offer animal sacrifices for our sins. When we believe in Jesus and repent of our sins, he forgives us and fills us with his Spirit—we each become a holy living temple! What a blessing!

In the first chapter of the book of Daniel in the Old Testament is a story about what it looks like to take care of our bodies and treat them as temples of the living God. When Daniel and his friends were in captivity, they chose not to eat the foods that the Babylonians wanted them to eat. By choosing to eat only fruits and vegetables, they did what was right according to God, and they were not drawn into eating what they considered contaminated food. Not only did their focus remain on God, but by eating as they did, they also remained strong and healthy, and God gave them “knowledge and understanding of all kinds of literature and learning” (Daniel 1:17). They stood strong for the Lord in Babylon.

What an incredible reminder that we are the temples of the living God and that we are responsible for being good stewards of what we have been given. Small choices like what we eat can affect every aspect of our lives, so we must make good choices and not just go along with whatever society offers us.



We can either spend our days living to please others—or we can live knowing the one who created us is already so pleased. Don't try to change just to make others happy. Step out with God's love flowing out of you and you will live with joy, peace and light.

Michelle Spadafora

Praise is a contradiction of pride. Pride says “looks at me,” but praise longs for people to see Jesus.

Matt Redman

If you regularly eat heavily processed foods, you're ingesting dead things that probably have very little positive nutritional value.

Jimmy Paige



For Further Reflection

Matthew 5:14–16; Romans 12:1; 1 Corinthians 10:13, 31



TODAY'S PRAYER

Dear Lord, thank you for your Son, Jesus, and for forgiving my sins. Help me to remember that I am a temple and guide me to choose wisely what I put in my body throughout the day. I pray that I can be a light to those around me. Amen.

Made in His Image

*God created mankind in his own image,
in the image of God he created them;
male and female he created them.*

GENESIS 1:27

Our bodies were created in God's image and they are living temples of his glory! When we carry the Holy Spirit within us, we carry the hope of Jesus to the nations. As we would any house or temple, we want to keep the building clean and spotless, not collecting dirt, dust, or disease.

We can picture our bodies as shining temples full of love, light, and joy for the world. If we can start the day remembering this picture, we will be more spiritually mindful about our food choices. One question we can ask ourselves could be, "Will this choice of food help me feel my best and show the light of Jesus to the world, or will it make me feel tired or give me a stomachache?"

May we see our bodies as living vessels shining in front of everyone we meet, showing them how much God loves them.



The human body is the delivery method for God's love.

Jeff Spadafora

You don't have to worry, because you have a Savior who has invaded your life with his grace and has made you the place where he dwells.

Paul David Tripp

Let your heart soar as high as it will. Refuse to be average.

A. W. Tozer



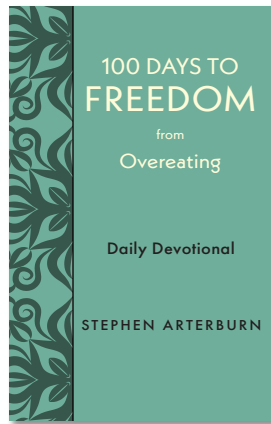
For Further Reflection

Psalm 139:14; Matthew 5:14-16;
1 Corinthians 6:19-20; Ephesians 2:10



TODAY'S PRAYER

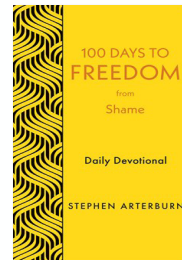
Dear Jesus, I praise you for creating me in your image. Please help me to be a bright shining light for you. Help me always to remember that my body is a living temple and to treat it with the love and care that you give to me. I pray that when I make my daily food choices, I remember that I am taking care of my temple, my body. Thank you for my body and for the gift of life. Amen.



100 Days to Freedom from Overeating

The desire to make changes to our bodies is common. We want to feel comfortable and confident in our own skin, and God wants that for us as well. We are temples for the Holy Spirit, and God desires that we be healthy in mind, spirit, and body. In 100 Days to Freedom from Overeating, readers identify the causes behind overeating and learn how to address them, restoring a healthy relationship between food, our bodies, and God. Each devotional is both challenging and encouraging and includes powerful Scripture verses, inspirational quotes, and a brief prayer. The journey to freedom begins here as you allow God to instruct and renew your mind, comfort your soul, and protect your body.

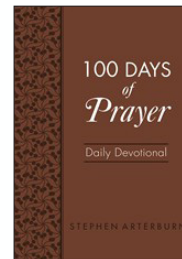
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100 Days to Freedom from Shame

Shame is often the driving force behind addiction, compulsion, anxiety, and depression. The good news is that God wants his children to experience freedom and wholeness. Daily readings will chart the path to freedom from shame. Each day offers fresh insight, a key Bible verse, notable quotes, additional Scripture for further reflection, and a prayer to help readers remain focused on the God who is greater than all things.

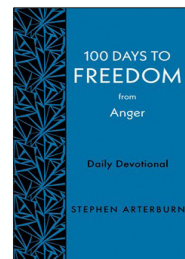
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100 Days of Prayer

Covering all the common topics on prayer—everything from seeking God’s guidance to accepting His timing—this devotional invites you to journey through Scripture toward a deeper intimacy with Christ. Whether you are seeking guidance, looking for peace, or bursting with joy and praise, instant refreshment and a heart of worship is just within an arm’s reach with this softcover devotional.

Softcover 978-1-62862-428-1 \$14.99



100 Days to Freedom from Anger

This book is designed to help the reader journey to freedom from anger and the control it has over life, making lasting changes to better reflect the nature of God, who is slow to anger, filled with unfailing love, and forgiving. Targeted daily devotions help readers explore sources of anger; surrender attitudes, temper, and emotions to God; and begin to experience life where peace rules.

Imitation Leather..... 978-1-62862-998-9 \$16.99

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