

A background image of pink cherry blossoms in full bloom, with a white rectangular box overlaid in the upper right quadrant containing text.

# *restore*

*breaking free from binge eating  
- with Jesus at the center -*



[reginacasner.com](http://reginacasner.com)

# Introduction

*"I will do this to recapture the hearts of the people of Israel, who have all deserted me for their idols." - Ezekiel 14:5*

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Welcome to *breaking free from binging, with Jesus at the center.*

This is an interactive Bible Study. I will invite you to move, breath and study God's Word to find restoration that only Jesus can give.

Since I was a young teen, I have struggled with overeating. There have been seasons where I thought I had won the struggle, only to find out (too late) that I had not. What you will find in this simple, but powerful, study is how to find restoration, in Jesus' name.

You will not find a diet or workout plan. I do have my opinion, and I have tools I use to help me stay "honest" day-by-day, but as I have learned, no certain food strategy can win the battle over an inner struggle. This one needs Jesus at the center, just as He intended.

Just in case you are thinking, deep in the back of your mind, that it may have worked for me, but it can't for you. I've been there. I also believe that this is the time. God said He would do it, and it's time to believe you are ready to live out His truths and plan for you.

With love,

Regina

Go look up and read, Ezekiel 14: 3-5 and 1Thessalonians 5:24.

After reading them a few times, write them out. Begin to memorize and hide His truth in your heart. You are going to want His truth on speed dial.

"The one who called you is faithful, He will do it."  
- 1Thessalonians 5:24.

# Day One

*"In a large house there are articles not only of gold and silver, but also of wood and clay; some are for special purposes and some for common use. Those who cleanse themselves from the latter will be instruments for special purposes, made holy, useful to the Master and prepared to do any good work."*

- 2 Timothy 2:20-21

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About a year ago, I stumbled upon 2 Timothy 2:20-21. What is crazy is that when I found that verse, I was in a season of feeling like I finally had beaten the binge cycle. I had transitioned to a plant-based diet and had never felt better.

I also had just finished 2 detoxes. Right there, you may see warning flags all over the place. One thing I know is that when I go extreme, the repercussions are severe. But, I thought that my dietary habits were solid and that I would be fine. However, as much as I desired to be obedient to Christ, and be extra-cautious with what I put into my body and how much I moved, I had a couple failures happen.

For me, one of my triggers is when I think I "failed."

I clearly remember the spiral beginning, and in the months that followed, I found I once again was stuck in the cycle of overeating. Only this time, it was more difficult to bring the tail-spin to less of one, and I didn't know if it would ever end.

Friends, what we eat does affect the quality of our lives. However, what we do or don't eat cannot be what keeps us grounded. If it is, then we may become too distracted (by food) to be ready and available for the good work God has for us to do. We are not experiencing the freedom of Christ while stuck in a cycle of overeating or trying not to overeat.

## Questions

1. What are your "triggers"?

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2. Do you have a plan to prepare you for when a trigger goes off in your life? If not, start praying about what your plan may look like.

## Day Two

*“Teach me your way, LORD, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name.” - Psalm 86:11*

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### *An undivided heart.*

When we are living with a divided heart, we can not be fully engaged in every moment of our lives. There is too much self-talk going on for that to happen.

Remember when Jesus said that no one cannot serve two masters (Matthew 6:24)? He was speaking about riches (or possessions) and Himself. In our culture, food goes for a pretty good rate, and so do the consequences of overdoing it. Food can be a master.

*“The external senses should not be masters of the soul, but its servants; and the internal senses should be both wise and active.”*  
- J. -M. Déchanet, *Christian Yoga*

### *Time to go deeper*

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Today I'm going to ask you to move... I don't know what your health or fitness level is, so I ask you also to respect where you are at. If you have been exercising, then you know what it feels like when you push yourself. If you haven't been intentionally moving, then I am going to ask you move more than normal. For 1-3 minutes (depending on your level of fitness) I want you to do some level of a jumping jack/mountain climbers/or walking/jogging in place... You decide.

Set your timer and get moving. As you continue to move, begin to notice what comes up in your mind. Now breath... and reflect. When we are going through hard stuff (movement is a safe place to experiment with this), if we tune in to what is going through our head, we will learn a lot about what are patterns and habits are.

Just like this is a safe way to notice, and dig deep, it is also a great place to begin changing our responses. Are your current thought processes in alignment with what God says about you, and who He is? Please dig deep before answering this one. This is critical.

## Day Three

*“My dear children, let's not just talk about love; let's practice real love. This is the only way we'll know we're living truly, living in God's reality. It's also the way to shut down debilitating self-criticism, even when there is something to it. For God is greater than our worried hearts and knows more about us than we do ourselves.” - 1 John 3:18-20*

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This is part of my journey with the Lord that I don't like to share. This is also the part of my journey where I have had to trust and cling to God the most. This is where I submit and give Him permission to work in my life where I would prefer He didn't.

As we move forward together, please remember the words I share are only out of love and the strong desire for you to live in freedom.

Today, I'm going to ask that you just sit with this verse. If you are new to just sitting in silence and one verse, then this is how it works.

Find a quiet spot, where you can be as uninterrupted as possible. You can sit in a chair, on the floor, on a cushion. The most important things to keep in mind is that you are going to want to sit for several minutes, and try not to move, and sit up “tall.”

Now that you are there. Ask God to help you see the truth in this scripture. How do the words apply to your life. And ask Him for grace to handle and know what to do with what He shows you.

Set your timer for 1 to 5 minutes. Close your eyes, and remind yourself of the words of this verse, over and over. When you realize your thoughts have moved on to something else, just choose to come back to the scripture.

After your timer goes off, grab your journal or the back of these pages, and begin to write out what thoughts came up and how you feel.

### *Why your emotions matters*

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To reach your destination, you need to know where you are starting. Not just where you think you should be as a follower of Christ. Your feelings are your feelings, and until you own them, you can not move on. To live beyond overeating, you are going to need to do this little exercise. If you thought you would skip it, don't.

## Day Four

*“In addition to having clothed yourselves with these things, having taken up the shield of faith, with which you will be able to put out all the flaming arrows of the evil one,” - Ephesians 6:16 (ISV)*

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### *Strengthening your shield of faith*

In Ephesians 6, Paul tells us to put on the armor of God, and then to pick up the shield of faith. Without our shield's, we have nothing to push back the flaming arrows coming our way.

If you are still going through this study, then you KNOW some of satan's favorite arrows to throw at you. Friends, he is the master of distracting us.

So what happens if we forget to pick up our shields, or our shields aren't very strong. What then? The cycle continues and we never break free from binge eating. Maybe we have a sweet break every now and then, but just when we think we are in the clear, when our guard and shields are down, that is when we are most unable to handle the surprise barrage of arrow.

To have victory, we must strengthen our shields and it starts with knowing our weaknesses. The devil knows them, and he knows our triggers, it is time we know them too.

Remember your journaling exercise yesterday? If you don't have it, go grab it.

I would like you to reread what you wrote down. Make 2 lists (if applicable). One of affirmations, and one of any areas of conviction. Take them both to the Lord in prayer and ask for wisdom for your next step(s) to take that will bring you closer to Him. (Read and pray through James 1:5-6.)

### *Questions*

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1. How strong do you believe your shield of faith is?
2. Have you been picking it up on a consistent basis? Daily, weekly, monthly, hourly?

## Day Five

*“Then Peter said, “Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk.”” - Acts 3:6*

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### *How to end the binge*

You have everything you need to not binge again. Ever.

The lizard brain... you have probably heard the term before. The part of the brain that was developed early on in our evolutionary process. It is the part that keeps us thinking that we are in danger, and needs to do whatever possible to escape. It is also the part of our brain that has been said to keep encouraging us to binge.

I believe the creation story in Genesis, so the process of how our brains were formed would not be a million year (or more) one, however, I do believe that there is a part of my brain that keeps telling me, “just one more bite.” I also believe that deep in my core, my response to continue eating is my unwillingness to be patient and let God be my comforter. My overeating is a heart issue as much as it is a head one.

I'm speaking for myself here. You need to pray this one over and figure out where your struggle is. Either way, overeating is unhealthy and you do have all the resources you need to end it.

Begin with giving this “voice” a name. (Example: toxic pig... be creative).

Daily, we are to throw off the weight that entangles us. When I give this loud, bossy, and enticing voice a name, it creates a separation from me and the voice. I know it sounds crazy, maybe childish, or even too easy, but I encourage you to name it.

You and I are not what I hear, we are just the ones who listen to it. Sometimes there are things we need to stop listening to, and in order to cut the noise, we need to have a plan. God has created you more more. If you have accepted Him as your Savior, the Holy Spirit resides within you. You have what you need. Now, cut the junk and allow God to reform how you see yourself and respond to all the noises around you. Allow those endless cycles of shame to end—and end the binge.

*What are you naming the voice that tells you to keep eating?*

## Day Six

So we have come to know and to believe the love that God has for us. God is love, and whoever abides in love abides in God, and God abides in him.”  
- 1 John 4:16 (ESV)

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### *Rewiring our minds to set our attention on things above*

Application isn't the same as memorization.

I find it so interesting how we can know so much, and yet all that knowledge isn't enough to change us. We have to apply what we know, and allow the Holy Spirit to have the space in our lives to do the reshaping and remolding.

For us to become the vessels that are used for special purposes, we have to allow God to remove the beliefs and lies we have listened to and believed. Our choices are not ordained or determined by our circumstances, but by our mindset.

I know it is easier to blame our inability to overcome our struggles on circumstances and the people around us. However, if this has been part of your struggle, continuing in this pattern, now that you know you have what you need to overcome, is NOT the better way. When we have the knowledge, and know where our hearts are, and continue in unhealthy patterns, we are choosing to sin.

If those words are stinging to read, believe me when I tell you they hurt to write.

Plain and simple, God loves us, abides in us, and has more for us. Far more than that short-lived satisfaction we feel when we cave to our cravings, and it is guilt-free.

### *Homework*

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1. Schedule into your early morning, and/or the end of the day, time for reflecting on the blessings of each day. Determine to give thanks for 3 things you are grateful for.

2. Set time aside to journal each day. You may decide to journal the 3 things, or write out scripture, but make time to set your mind on things above. Allow God to rewrite the thought patterns you have been listening to.

## Day Seven

Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us, looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God. - Hebrews 12:1-2 (ESV)

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### *Let us run with endurance*

It is time my dear friends.

It is our turn to run. And in order to run like God intended, we have to lay aside what has been weighing us down and holding us back.

Over the last 7 days, maybe other stuff (emotions, struggles, hurts and/or failures) in your life has come up that helped fuel the unhealthy eating patterns. Do not let them stay.

Our bodies hold onto the stress and emotions that we do not process. Our livers hold anger, our hips and feet hold onto our unwanted emotions ... I do not understand God's reasoning, but I do know He desires us to be free. If the emotions we hang onto show up in different areas of our body, I think that is just one way God is trying to get our attention to let go of what we don't need to carry or hang on to.

I encourage you to go back through these 7-days, 2 more times. So you will spend 21-days total, going through these scriptures and working through the layers of thoughts, reactions and emotions that God brings to your attention.

What ever you do, please don't put this down and settle for life as it is. If this process seems too difficult right now, then begin praying for God to help you be ready to do this work with Him.

### *Homework*

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1. Memorize Hebrews 12:1-2

Write it on notecards, in your journal, and hide it in your heart as a continual reminder. You are not alone on this journey and you have a race to run.

*Notes*

*Notes*

I'm a wife to an awesome guy and mom of four amazing kids. I'm also a yoga teacher, a small business owner and a huge geek about how God created our human bodies and minds to move, breath, heal and live with and on purpose.

This Bible Study is a way that she shares her deliverance story to help others on similar journeys. You can find out more about her story at [reginacasner.com](http://reginacasner.com)