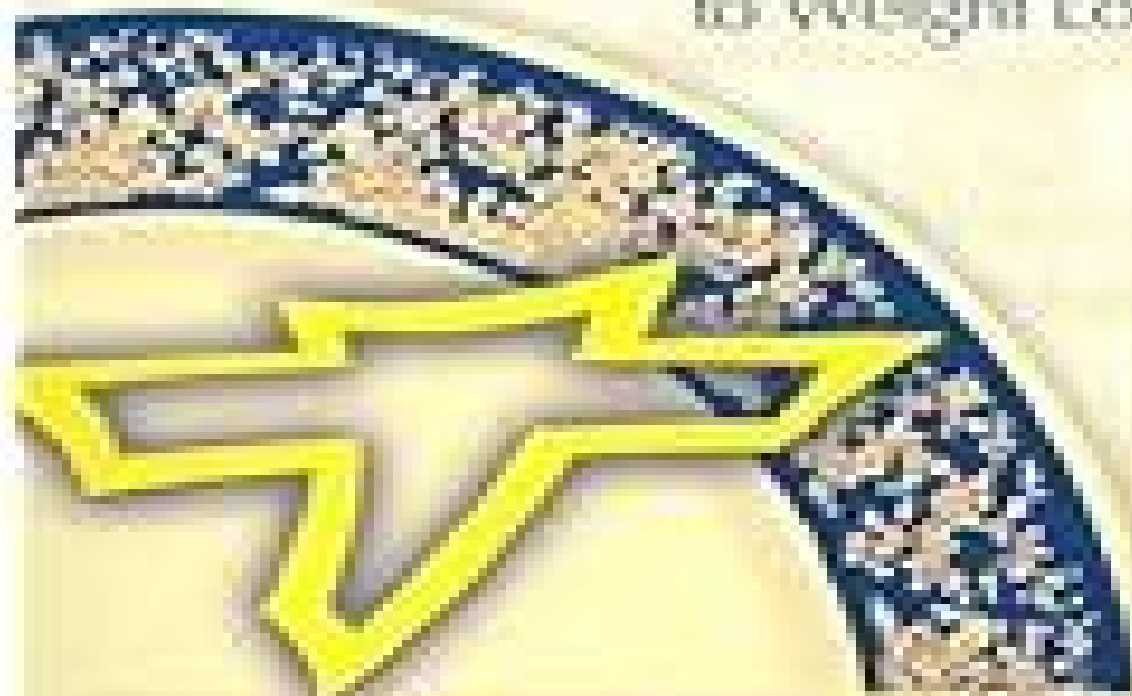




Featuring author's introduction

The Lord's Table

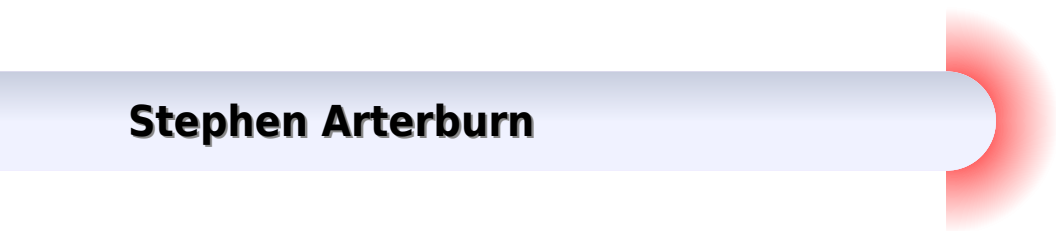
A Biblical Approach
to Weight Loss



Mike Cleveland

The Lords Table A Biblical Approach To Weight Loss Setting Captives Free

Stephen Arterburn



The Lords Table A Biblical Approach To Weight Loss Setting Captives Free:

The Lord's Table Mike Cleveland, 2003 **American Book Publishing Record**, 2003 **Setting Captives Free** Mike Cleveland, 2020-12-30 30 lesson course designed to offer gospel centered teaching on losing weight *Hunger Within* Arthur W. Halliday, MD, Judy Wardell Halliday, RN, 2013-01-15 What's the real reason we struggle with eating problems? We try to use food to satisfy our souls. As the Hallidays explain, we all crave intimacy, security, and acceptance. When these needs are not met, we often turn to substitutes such as food and engage in what the authors call disordered eating. The Hallidays go beyond trendy short-term weight control plans and urge readers to allow God to satisfy their deepest hungers. Anyone who has struggled with weight loss or an eating disorder will benefit from this honest and thorough look at getting beyond the guilt and the ups and downs of yo-yo dieting. This revised and expanded edition offers readers updated information throughout and includes more study questions.

Healthy by Design: Weight Loss, God's Way Cathy Morenzie, 2019-10-14 NEW 5th Edition See below for list of changes. Discover an all new weight loss approach with simple easy to follow daily readings and activities inside this 21-day devotional bible study. Uncover the patterns that have kept you overwhelmed and overweight plus how to break those strongholds. End your cravings along with any guilt and shame cycles by applying powerful biblical truths to set you free for life. Tens of thousands like you have ended a lifetime of frustration with over-eating binges and cravings that felt impossible to overcome before, but with God, all things are possible. Matthew 19:26 The truth is God loves you, wants you free, and not held captive by your cravings, emotions, or appetite. Nor were you intended to deal with life's struggles on your own, including your weight loss struggle. Experience joy, peace, and freedom as you embrace weight loss, God's way. Lose Weight Permanently. Deepen Your Faith. Conquer feelings of Defeat, Despair, and Doubt. This 21-day daily devotional teaches you essential spiritual truths about your weight loss journey in simple, easy-to-digest daily readings and exercises. This is not a how-to book, but instead shows you the patterns that have kept you in bondage and the biblical truths that will set you free. Shifting your perspective and focus so weight loss comes naturally from a place of self-love and Godly devotion instead of endless diets and will power that lead to despair and self-loathing. Stop fighting the battle your way and learn to lose weight God's way. Winner Reader's Choice Award 2015 in Health/Wellness/Christian Literary Awards. What's new in the 5th Edition: Revised, updated, and expanded Introduction. New Additional Study section in daily devotions. New Leader's Guide for bible study groups. Re-edited What People Are Saying About Weight Loss, God's Way. This is an amazing devotional. I just finished the 21-day plan and I've already lost 12 pounds. This is not a diet; it's a lifestyle. I learned so much about God's plan for my health and well-being. It really caused me to re-think how I looked at what I was putting in my body. Angela Richardson. I have been battling my weight problems or accepting them for 30 years. I have yo-yoed with one diet or gimmick after another. Nothing has helped me to keep the weight off. The Lord led me to Weight Loss, God's Way, and one year to the day I have lost 97 pounds. My God is ever faithful in convicting my heart to rebuild my body.

mind and soul into the vessel He created me to be Marilyn Wehrli About the Author Cathy Morenzie is an award winning author Christian weight loss coach and international speaker has been a leader in the health wellness industry for over 30 years This disciplined faith filled personal trainer struggled with emotional eating self doubt and low self esteem but once she discovered the answers laid in faith not food it began a quest to learn and share God s truth in matters of your health weight and self esteem Now she shares how you can change just about everything in your life because she knows what it s like to feel stuck Let her guide you along the Lord s path to break free with a new mind body in Christ Learn more about Canada s 1 Christian Weight Loss expert at cathymorenzie.com Other Books by Healthy by Design 21 Day Meal Plan A Christian Woman s Guide to Stop Craving Carbs and Lose Weight Reflections of God s Love A Christian Weight Loss Devotional Receiving God s Love *The Lord's Table Leader's Guide* Mike Cleveland,2004-07-01 A leaders guide for The Lord s Table workbook which you already carry *Get Thin, Stay Thin* Arthur Halliday,Judy Wardell Halliday,2008 The Hallidays go beyond trendy short term weight control plans and urge readers to allow God to satisfy their deepest hungers and to get beyond the guilt and the ups and downs of yo yo dieting **A Woman of Moderation** Dee Brestin,2007

Setting Captives Free: Weight Loss Leader's Guide Mike Cleveland,2019-04-15 Leader s guide is for those leading local groups through the Setting Captives Free Weight Loss study *Setting Captives Free: Purity Boot Camp: Finding Freedom from Impurity* Mike Cleveland,2019-05-14 Lasting freedom from impurity is possible through Jesus Christ The biblical teachings presented here have been used in the lives of many in setting them free from life dominating sin Mike Cleveland lived enslaved to impurity for fifteen years He understands the strength of this sin trap but even more he knows the freedom that comes through Jesus Christ and His gospel In this book Mike teaches how to apply Jesus gospel of grace in a way that produces freedom and shows us how to live in that freedom This workbook may be used as an independent study or as a group study *The Daniel Fast for Weight Loss* Susan Gregory,2015 Includes 90 satisfying recipes Cover *Healthy Eating, God's Way* Cathy Morenzie,2021-06-15 Looking for the best weight loss diet book again when really it s your food addiction and emotional eating that s stopping you from losing weight and keeping it off *Healthy Eating God s Way* is a Christian weight loss book and daily devotional bible study for women that provides the biblical tools you need to eat healthily and lose weight Cathy Morenzie is an award winning author international speaker and Christian weight loss coach who has empowered hundreds of thousands of women to transform their bodies by embracing their true identity in God and harnessing the power of His Word *Healthy Eating God s Way* is the latest addition to Cathy s celebrated series of Healthy by Design weight loss devotionals for women In this powerful faith based weight loss motivation book Cathy will help you achieve your health goals by showing you how to transform your relationship with food and finally start eating the way God created you to Over 28 life changing days you will discover how to Make sense of what your cravings really mean Understand what scripture actually says about food Develop an actionable bible based plan for healthy weight loss Adopt and maintain

healthy eating habits And more In this transformational women s devotional book and Christian weight loss bible study Cathy will guide you through Inspiring scriptures related to losing weight and healthy living for women Engaging devotions that will both comfort and challenge you Simple steps you can take to propel yourself forward on your weight loss journey An impactful opportunity for guided prayer and journaling AND Bonus scriptures that will help you gain a greater understanding of God s will for your health and body Alongside this devotional Cathy will also offer you these exclusive bonus resources An easy to use weekly meal plan template that you can use to fast track your weight loss journey A healthy eating checklist that will help you to feel confident in your food choices every day A printable healthy eating journal that will allow you to track your progress celebrate your successes and stay committed to your goals Cathy s popular guide 3 Steps to Overcoming Emotional Eating that will reveal how to reverse impulsive eating habits and turn your needs over to God instead In Healthy Eating God s Way you will be equipped with proven practical strategies for weight loss as well as powerful spiritual tools for inviting God into your personal transformation and dramatically increasing your chances of success If you re ready to find freedom from unhealthy eating habits and finally enjoy a healthy God given relationship with food this book is for you About the Author Cathy Morenzie has been a leader in the health and wellness industry for over 30 years She once struggled with emotional eating herself but experienced a powerful breakthrough when she realized that the answer to her problems lay in faith not food Now Cathy s life mission is to equip millions to live a healthy lifestyle by helping them to rediscover their true identity in Christ Other Healthy by Design books by Cathy Morenzie Weight Loss God s Way The Proven 21 Day Weight Loss Devotional Bible Study Weight Loss God s Way Low Carb Cookbook and 21 Day Meal Plan Pray Powerfully Lose Weight 21 Days of Short Prayers Declarations Scriptures and Quotes for a Healthy Body Spirit and Soul Love God Lose Weight Freedom from Emotional Eating Overeating and Self Sabotage by Accepting God s Love Get Active God s Way Lose Weight Learn to Love Exercise and Glorify God with Your Body **Lose It for Life** Stephen Arterburn,2007-01-17 Tired of That Old YO YO Weight Loss Weight Gain Cycle LOSE IT FOR LIFE Every other diet I ve tried ends in despair Steve s plan ends in hope Most weight loss plans will help you drop a few pounds but for how long You deserve better You deserve LoseIt for Life a time tested uniquely balanced program thatdeals with the physical emotional and even spiritual elementsthat lead to permanent weight loss Even if you have already experienced some success on another weight lossprogram Atkins r South Beach r Weight Watchers r whatever this book willgive you the information and motivation you need to achieve a permanent stateof weightlessness which is the secret to lasting results Now endorsed by Florida Hospital as part of its Healthy 100 campaign this deluxeedition book and workbook offers a wide variety of exercises and activities tolead you to the next level in understanding Why you do what you do How you can shed bad habits for good How with the help of God and others you can develop a whole newapproach to life to eating and to living healthy and free Lose It for Life was developed by best selling author and radio personalityStephen Arterburn who lost sixty pounds twenty years ago and has kept it off In this

revolutionary book he and Dr Linda Mintle who is known for her clinical work regarding weight issues will help you accomplish what you desire most permanent results Includes bonus chapter from Arterburn's new Healthy 100s Diet and Weight Loss Plan *The Word on Weight Loss (Book One)* Cathy Morenzie, 2022-04-01 Looking for a Christian weight loss book for women on breaking free from emotional eating finding weight loss motivation losing weight biblically and more Introducing *The Word on Weight Loss* a collection of practical tips tools and strategies by award winning author and weight loss expert Cathy Morenzie Cathy Morenzie is an international speaker and Christian weight loss coach who has empowered hundreds of thousands of women to transform their bodies by embracing their true identity in God and harnessing the power of His Word Recognized worldwide as a leading authority on biblical weight loss Cathy is also the author of a growing range of Christian books focused on living a healthy lifestyle This includes her hugely popular *Healthy by Design* series Many of her books are award winning including her transformative devotionals *Weight Loss God's Way* *Healthy Eating God's Way* and *Get Active God's Way* In *The Word on Weight Loss* Faith Based Weight Loss Tips Tools and Strategies Cathy shares a wealth of wisdom gleaned from decades spent helping people all over the world lose weight and keep it off for good Packed with practical tips and easily actionable steps *The Word on Weight Loss* will show you how to Harness the power of your words to maximize success Say no to the things that are holding you back Transform your mindset in 10 simple steps Gain freedom from feelings of rejection Break the weight loss disappointment cycle And Finally start living a guilt free life Thanks to this eye opening weight loss guide you will also discover The 3 keys to ending emotional eating for good 4 effective strategies for overcoming your fear of failure The secret to avoiding overwhelm on your weight loss journey Instantly actionable steps for letting go of people pleasing 6 scriptural lessons on weight loss taken directly from the Bible And so much more If you're tired of struggling with food issues and are ready to begin your weight loss journey with God's help reading *The Word on Weight Loss* is the perfect next step Through her life changing Christian resources and programs Cathy can personally guide you through every stage struggle and breakthrough wherever you are in the world Choose faith not food and start experiencing true freedom today About the Author Cathy Morenzie has been a leader in the health and wellness industry for over 35 years She once struggled with emotional eating issues herself but experienced a powerful breakthrough when she realized that the answer to her problems lay in faith not food Now Cathy's life mission is to equip millions to live a healthy lifestyle by helping them to rediscover their true identity in Christ Other books by Cathy Morenzie *Weight Loss God's Way* *The Proven 21 Day Weight Loss Devotional Bible Study* *Healthy Eating God's Way* *Calm Your Cravings* *Overcome Obsessing* *Hone Healthy Habits* and *Build Biblical Boundaries* *Get Active God's Way* Lose weight learn to love exercise and glorify God with your body Love God Lose Weight Freedom from emotional eating overeating and self sabotage by accepting God's Love Pray Powerfully Lose Weight 21 Days of Short Prayers Declarations Scriptures and Quotes for a Healthy Body Spirit and Soul *Weight Loss God's Way* Low Carb Cookbook and 21 Day Meal Plan **Slim for Him** Patricia B. Kreml, 1978 [Love God,](#)

Lose Weight Cathy Morenzie, 2019-12-01 Previously published as Receiving God's Love Tired of Gaining Weight or the Guilt Shame from Emotional Eating Be Filled with the Spirit Instead For years I'd gain at least 5 pounds around the holidays or whenever I felt stressed I used it as an excuse to break all of my boundaries with the promise that I'd restart my diet after the latest drama or life catastrophe had passed Because I didn't understand the depth of Christ's love for me and as result I only focused on feeling satiated by filled full of my favorite foods which ironically left me feeling empty and trapped I felt anything but free Over the years I've come to realize that without a deeper understanding of God's love for me I'm lost I refuse to let overwhelm be a stronghold over me because I simply over extend myself and over eat until I'm stuffed So I've chosen to live a new way and choose Faith over Food and I invite you to join me Every time I feel anxious scared or overwhelmed I now engage in a deeper understanding of God's love for me during any of these storms Love God Lose Weight is a 22 Day Devotional that aligns your heart with the heart of our Heavenly Father's and renews your passion to live for HIM and in HIM God's love is steadfast and unchanging God's love transforms our lives God's love comforts us God's love is revealed to us through Jesus Christ God's love gives us peace and joy God's love is poured into us through the Holy Spirit God's love compels us to love one another Our freedom and peace is found in God's love As we learn to give and receive God's love all the other cares of this world fall away When love is the foundation of all we do the Holy Spirit strips everything else away even the excess weight What will be left is a life of gratitude peace joy and love rooted in a wonderful relationship with our heavenly Father Grab a copy of this wonderful uplifting devotional for any season of your life where you're struggling with your weight and need God's power and grace to restore you Love God Lose Weight is a 21 Day Devotional that will align our heart with the heart of our Heavenly Father's As we learn to give and receive Godly love all the other cares of this world will fall away When love is the foundation of all we do the Holy Spirit will strip everything else away even the excess weight What will be left is a life of gratitude peace joy and love rooted in a wonderful relationship with our heavenly Father About the Author CATHY MORENZIE is an award winning author Christian weight loss coach international speaker and leader in the health wellness industry for over 30 years This faith filled personal trainer herself struggled with emotional eating self doubt and low self esteem but discovered the answers laid in Faith not Food She began a quest to learn share God's truth about your health weight and self esteem Now Cathy shares exactly how you can change just about everything in your life because she knows what it's like to feel stuck Let her guide you along the Lord's path to break free with a new mind body of Christ Other Healthy by Design books by Cathy Morenzie Weight Loss God's Way Pray Powerfully Lose Weight 21 Day Meal Plan Taste for Truth Barb Raveling, 2013-12 They say it takes 21 days to develop a habit But we all know how hard it is to make through those first 21 days Taste for Truth will help you get through those first few weeks when you'd like nothing better than to give up Taste for Truth offers 30 days of Bible study and hands on renewing of the mind help You'll be taking off the lies that make you overeat and putting on the truth that will make you actually want to eat with control Taste for

Truth is a companion Bible study to I Deserve a Donut And Other Lies That Make You Eat **Giving Christ First Place**
 Gospel Light Publications,2001-08 A guide to discover the bible based weight loss plan **The Weight Loss Scriptures**
 Kimberly Taylor,2012-01-20 Have you ever started a weight loss program with great enthusiasm only to lose focus and regain
 the weight you lost Not any more With The Weight Loss Scriptures The 30 Day Daily Devotional for Weight Loss Motivation
 you will receive encouragement support and strength to help you reach your ideal weight and maintain it for life Each daily
 devotional gives you the mindset needed to become a weight loss success story Best of all you receive encouragement from
 someone who has been there Kimberly Taylor was once 240 pounds and a size 22 But through biblical wisdom she was able
 to renew her mind lose 85 pounds and drop from a size 22 to a size 8 Through The Weight Loss Scriptures you will discover
 how to turn each weight loss stumbling block into a building block to reach your ultimate goal You will learn that every
 experience is valuable if you use what you learn to start again more intelligently each time Some benefits you will gain from
 the scriptures include Increased self esteem Confidence that you can succeed Strategies to stay motivated when you find
 yourself losing focus Enhanced energy to do all the things you need to do Renewed appreciation for the body God gave you
 And much more You can use these healing scriptures and simple easy to read messages in conjunction with any healthy
 eating program or on its own Starting today become empowered to renew your mind and change your health for the better
 Get ready to be transformed by the secrets of The Weight Loss Scriptures **The Lord's Table** Andrew Murray,2015-07-07
 Excerpt from The Lord s Table A Help to the Right Observance of the Holy Supper On the use of this little volume I would
 fain say two things which lie upon my heart The first is this that the Christian who desires to make use of it must not be
 content merely to read and to understand the portion for the day but must take time to meditate upon it and to appropriate it
 I am convinced that one chief cause why some do not grow more in grace is that they do not take time to hold converse with
 the Lord in secret Spiritual divine truth does not thus become our possession at once Although I understand what I read
 although I consent heartily to it although I receive it it may speedily fade away and be forgotten unless by private meditation
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