

Welcome to the second video (and notes) in the Food Freedom Series:

Last week we laid the foundation for battling food strongholds with spiritual weapons. We learned that the greatest weapon in our arsenal is the word!

If you did not watch video one please go back and view it. It lays the foundation for dismantling overeating/undereating and gives us a tool to fight with that is devastating to the enemy!

Disclaimer: I'm not a doctor, counselor. I am not licensed in any of those fields nor can I prescribe any form or formal treatment. Today we are going to begin the process of dismantling the root of food-based sin.

These videos are based on my experiences and the video-based biblical studies are intended for sharing my opinions and experiences only. If you need professional counseling or treatment please meet with your healthcare provider.

I can offer insight and testimony into what I've learned as I fought my way out of the trap of food addiction. I can also share what scripture has to say.

In this video, I going to share what I mean by "the root".

We will also pray and learn together how to dismantle the root. Lastly; I will share this week's weapon, a memory verse that doubles as a sword against the enemy when spoken by faith.

Let's jump right in!

Think about your family, both lateral and vertical, meaning your immediate and extended family members and, vertically, those whom you may never have met, such as your ancestors. You may realize you are not the only one in your family who has had to deal with food issues, overconsumption, or sin in general. These strongholds were present before you were born and have thrived for generations.

I remember blaming genetics before I learned the truth.

We don't have to live out the plan of the enemy for our bodies or lives. Fight back!

I want you to fully understand this work you are doing in the spirit will bring real and lasting change. We often think our body is the issue. In reality, the condition of our body is often an outward reflection of what is happening in our spirits.

Ephesian 6 tells us how to fight.

The Whole Armor of God

¹⁰ Finally, be strong in the Lord and the strength of his might. ¹¹ Put on the whole armor of God, that you may be able to stand against the schemes of the devil. ¹² For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places. ¹³ Therefore take up the whole armor of God, that you may be able to withstand in the evil day, and having done all, to stand firm.

The enemy has access into our lives through sin: our sin and the sins of others, if we allow it.

Your challenge this week is to **forgive** and **invite**.

Ask God to forgive you not just concerning food but in all areas of your life. Also, forgive others. Forgive everyone in your family both, blood and those covenant relatives. You must also forgive them for allowing sin to bring destruction into your life and the lives of those you love.

Memory Verse

Matthew 6:15

but if you do not **forgive** others their trespasses, neither will your Father **forgive** your trespasses...

As you do the hard work of forgiving, remember forgiveness sets you free and opens us up to the finished work of Jesus.

I know forgiveness is a finished work because Jesus led by example. He said

Luke 23:34

And Jesus said, “**Father, forgive them**, for they know not what they do.” And they cast lots to divide his garments.

I believe as we begin to forgive, the chains that keep us tied to our plate or keep us overconsuming begin to break off.

Let the Holy Spirit lead you as you actively forgive others. In quiet times listen for anyone God lays on your heart to forgive. Ask God who you need to release in forgiveness.

Prayer:

Matthew 6, (NLT)

Our Father in heaven,

may your name be kept holy.

¹⁰ May your Kingdom come soon.

May your will be done on earth,

as it is in heaven.

¹¹ Give us today the food we need, ^[a]

¹² and forgive us our sins,

as we have forgiven those who sin against us.

¹³ And don't let us yield to temptation,^[b]

but rescue us from the evil one.^[c]

A Prayer For You

God, you are holy and good. I thank you, Jesus, for giving your life for me and forgiving my sins against you. I'm coming to you because I want to forgive _____ (Name the person). I fully yield my anger/offense against _____. I am asking you to heal any bitter feelings I have. Please work in my heart to walk fully in surrender to you. I invite you, Holy Spirit, into the places where I once harbored unforgiveness. Take up residence there.

Sever every tie that unforgiveness created in my life and bind me closer to you.

Thank you for showering your perfect love on me and blessing me to love others with the love of Jesus.

In Jesus name I pray, Amen!

