Intuitive Eating
God’s Way

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Do any of these statements sound like you?

❖ I follow an eating plan that tells me what, when, and/or how much to eat.
❖ I count calories, points, macros, servings.
❖ I feel I have to eat perfectly to be a healthy eater.
❖ I eat differently if there are other people present.
❖ I have a hard time trusting my body to tell me when and how much to eat.
❖ There are “forbidden foods” that I won’t allow myself to enjoy.
❖ I struggle with my relationship with food and my body.
❖ I compare what I eat to what others are eating.
We Live in a Diet Culture

❖ 95% of diets fail and most will regain their lost weight in 1-5 years.
❖ 75% of American women surveyed endorse unhealthy thoughts, feelings, or behaviors related to food or their bodies.
❖ 91% of women surveyed on a college campus had attempted to control their weight through dieting, 22% dieted “often” or “always.”
❖ Almost half of American children between 1st to 3rd grade want to be thinner and half of 9-10 year old girls are dieting.
❖ 35% of “occasional dieters” progress into pathological dieting (disordered eating) and as many as 25% advance to full-blown eating disorders.
❖ 1 in 5 people aged 55 and over have felt anxious because of their body image.

(Source: nationaleatingdisorders.org and healthfinder.gov)
Intuitive Eating

- **Intuitive Eating** is an approach developed in 1995 by two Registered Dietitians, Evelyn Tribole and Elyse Resch.

- IE helps people heal from the side effects of chronic dieting.

- An **intuitive eater** is defined as a person who “makes food choices without experiencing guilt, honors hunger, respects fullness, and enjoys the pleasure of eating.”

- Intuitive Eating God’s Way allows you to spend less time thinking about food rules and your body and more time thinking about God, loving Him, and serving Him and the people He’s placed in your life. When our eyes are fixed on Him instead of us and our bodies, He will show us how to eat and move intuitively.

- “Your body isn’t broken. God just wants to show you how it works.” Alisa Keeton
1. Reject a Diet Mentality!

❖ “So do not worry saying ‘What shall we eat?’ or ‘What shall we wear?’ For the pagans run after these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.” Matthew 6:31-33

❖ Give yourself permission to pursue health and not weight loss.

❖ Won’t be easy or happen overnight—we live in a diet society—so be patient with yourself.

❖ Give yourself permission to stop dieting, and pursue health instead. No more Last Suppers.

❖ For some of you, that might mean getting rid of your scale.
2. Surround Yourself with the Right People

❖ “Refuse to be a critic full of bias toward others, and judgment will not be passed on you. For you’ll be judged by the same standard that you’ve used to judge others. The measurement you use on them will be used on you.” Matthew 7:1-2 (ESV)

❖ Surround yourself with people who are positive about their own bodies and others’ bodies.

❖ Start noticing positive aspects of others outside of their physical appearance and compliment them on those things.

❖ Unfollow social media accounts that make you feel unworthy or less than enough.
3. Pursue Healthy Habits, Not Results

❖ “God is leading you away from danger (to wide open spaces) to a place free from distress. He is setting your table with the best food.” Job 36:16 (NLT)

❖ My filter—“Can I sustain this habit when I’m 80? Can this habit keep me free?”

❖ Eliminating carbs, counting macros, weighing my food, exercising to earn treats when I’m 80?—NO WAY!

❖ Drinking plenty of water, eating lots of fruits and veggies, moving mindfully, enjoying treats with friends, being grateful for the way God made me, eating chocolate chip cookies with my grandkids when I’m 80?—YES WAY!

❖ Soul Care Practices
Soul Care Practices

❖ Start or end your day by writing a gratitude list
❖ Spend 10-15 minutes in silence praying, breathing, being grateful
❖ Journal for 15 minutes
❖ Worship!
❖ Go for a walk
❖ Go to bed 30 minutes earlier than normal
❖ Keep all 3 meals phone free.
❖ Read a book
❖ Jot down 3 things you love about yourself
❖ Call a friend or meet a friend for coffee or a walk
❖ Give yourself a mani/pedi
❖ Re-arrange your closet
❖ Change the background of your phone to your favorite scripture verse
❖ Write a note to a friend you cherish
❖ Stretch
4. Challenge the Food Police

❖ “Everything is permissible for me” — but not everything is beneficial. “Everything is permissible for me” — but I will not be mastered by anything.” 1 Corinthians 6:12

❖ Stop labeling foods as either good or bad.

❖ Food is just food. It’s not moral. We are the ones who put labels on it.

❖ Jesus doesn’t give you rules for eating — He just wants to be invited to the table.

❖ Focus on eating a good balance and an abundance of real whole foods with some fun foods thrown in there so we don’t feel crazy around food.

❖ Before eating, ask yourself, “Will this food nourish me?”
5. Honor Your Hunger and Fullness

❖ “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” Psalm 73:26

❖ Dieting culture has made us feel that we shouldn’t snack and we should only eat when “it’s time.”

❖ When you honor your hunger, your body learns to trust you.

❖ Are you a member of the “Clean Plate Club?”

❖ At every meal, try to have a combination of protein, fat, and carbs so that your body is adequately nourished and you feel satisfied.

❖ Before you begin eating, pray and ask God to help you honor your fullness. Then eat slowly, enjoying and being mindful of what you’re eating, and listen for His discernment.
6. Move Mindfully

❖ “God is strong and he wants you strong.” Ephesians 6:10b (MSG)

❖ Instead of exercising to burn calories or earn food, move mindfully and have fun!

❖ Find an exercise that you would do even if it didn’t help you lose weight.

❖ Ask yourself what exercise does for you—makes you feel strong, releases feel-good endorphins, helps you sleep better, makes you feel more self-confident, greater endurance?

❖ Use this list as a reminder!
7. Stop the Negative Self-Talk

❖ “Has anyone by fussing in front of the mirror ever gotten taller by so much as an inch?” Matthew 6:27 (MSG)

❖ You—not 10, 20, or 50 pounds—stand in the way of true joy and contentment.

❖ No amount of weight loss will make you love your body.

❖ If you wouldn’t say it to a friend or loved one, don’t say it to yourself.

❖ Ask God for help! Speak scripture out loud. Worship!
8. Take steps to achieve body acceptance

❖ “So since we find ourselves fashioned into all these excellently formed and marvelously functioning parts in Christ’s body, let’s just go ahead and be what we were made to be, without enviously or pridefully comparing ourselves with each other, or trying to be something we aren’t.” Romans 12:6 (MSG)

❖ Once you recognize that you are not valued by your weight and size, you’ll feel more valuable!

❖ Go through your closet and identify which clothes fit TODAY that make you feel and look amazing. And then wear them!

❖ When you feel good in what you’re wearing, you’ll treat yourself better. You’ll talk to yourself more positively and make healthier choices.
9. Honor Your Health with Gentle Nutrition

❖ “For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.” 1 Timothy 4:4-5
❖ There is so much conflicting nutritional information available to us today.
❖ One thing all researchers and dietitians agree on is that people who eat higher amounts of fruits and veggies have lower risk of many chronic diseases.
❖ Fill half your plate with fruits and veggies.
❖ The more nutrient dense foods you eat, the more your body will want, and the healthier you’ll feel and be.
❖ Begin to listen to your body and how you feel physically after you’ve eaten.
Five Basic US Dietary Guidelines

1. Follow a healthy eating pattern across your lifespan.

2. Focus on variety, nutrient density, and amount. Crowding Out! I “get to” eat these foods!

3. Limit added sugars and reduce sodium.

4. Shift to healthier food and beverage choices.

5. Support healthy eating patterns for all.
10. Intentionally Pursue What Matters Most

❖ “For we are God’s handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.” Ephesians 2:10

❖ On paper answer these two questions:

1. “Why is weight loss important to me?”
2. “When I’m gone, what do I want to be remembered for?”

❖ Make a commitment to yourself that you will begin spending more time focusing on what matters MOST!
“Then all the people of Israel turned back to the LORD. So Samuel said to all the Israelites, “If you are returning to the LORD with all your hearts, then rid yourselves of the foreign gods and the Ashtoreths and commit yourselves to the LORD and serve him only, and he will deliver you out of the hand of the Philistines.” So the Israelites put away their Baals and Ashtoreths, and served the LORD only.” 1 Samuel 7:2-4

“Then Samuel said, “Assemble all Israel at Mizpah, and I will intercede with the Lord for you.” When they had assembled at Mizpah, they drew water and poured it out before the Lord. On that day they fasted and there they confessed, “We have sinned against the Lord.” Now Samuel was serving as leader of Israel at Mizpah.” (5-6)
“When the Philistines heard that Israel had assembled at Mizpah, the rulers of the Philistines came up to attack them. When the Israelites heard of it, they were afraid because of the Philistines. They said to Samuel, “Do not stop crying out to the Lord our God for us, that he may rescue us from the hand of the Philistines.” Then Samuel took a suckling lamb and sacrificed it as a whole burnt offering to the Lord. He cried out to the Lord on Israel’s behalf, and the Lord answered him.” (7-9)

While Samuel was sacrificing the burnt offering, the Philistines drew near to engage Israel in battle. But that day the Lord thundered with loud thunder against the Philistines and threw them into such a panic that they were routed before the Israelites. 11 The men of Israel rushed out of Mizpah and pursued the Philistines, slaughtering them along the way to a point below Beth Kar.” (10-11)

Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, “Thus far the Lord has helped us.” So the Philistines were subdued and they stopped invading Israel’s territory. Throughout Samuel’s lifetime, the hand of the Lord was against the Philistines.” (12-13)
Ebenezer means “Stone of Help.” From then on, every time an Israelite saw the stone erected by Samuel, he would have a tangible reminder of the Lord’s power and protection. The “Stone of Help” marked the spot where the enemy had been routed and God’s promise to bless His repentant people had been honored.