



Hi. I'm Cathy Morenzie, weight loss expert, founder, and author of *Weight Loss, God's Way*.

Despite being a certified personal trainer and coach for many years, emotional eating continued to rule my life. I felt like such a hypocrite telling people what to do but could never do it myself.

It was only when I stopped dealing with the surface issues like diet and exercise and finally got to the root of my emotional eating issues that I discovered how to stop stuffing my emotions with

food and experience God's peace and freedom.

From the last 30 years of trying to change myself, I'm sharing the 3 main keys that have helped me to overcome my emotional eating. I have since gone on to share this Bible-based technique with hundreds of thousands of women all over the world.

If you're struggling with emotional eating, be encouraged. Learn these 3 simple steps on the following pages to experience God's peace instead.

I pray that these three steps are just what you've been looking for to help you finally break free from emotional eating.

*Cathy Morenzie*



# PAUSE

*Blessed are those who hunger and thirst for righteousness,  
for they shall be satisfied.*

- Matthew 5:6 NAS

For years, I tried to make myself stop eating unhealthy foods until I realized that I was focused on the wrong thing. Instead of focusing on changing my behaviors, I learned to change my strategy. Instead of trying to stop myself from emotional eating, I went deeper, beyond the surface, and began to focus on the underlying feelings that led to the behavior. This made all the difference. The first key is to distinguish between real hunger and emotional hunger.

## How Do I Do This?

- a. The next time you have a craving for something, PAUSE and ask yourself, "Would you eat an apple?" If the answer is 'yes,' then go ahead, eat the apple and see if it satisfies you. If your answer is 'no', an apple would not satisfy you, then your hunger is emotional.
- b. If you answered 'no' an apple would not satisfy you, then you want to identify what the underlying emotion is that you are using food to avoid feeling. It's usually one of the following: overwhelmed, lonely, frustrated, sad, angry, lonely, or tired.

## Key Takeaways

We want to change our behaviors but God wants to change our hearts.

Focus on identifying the underlying feeling that's triggering you to eat emotionally.



## PRAY

*Don't worry about anything; instead, pray about everything.*

*Tell God what you need, and thank him for all he has done. Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.*

- Philippians 4:6-7 NLT

Our feelings are so powerful. I remember when my doctor told me that I was borderline diabetic, but that still was not enough to get me to stop **binging** on sweets. It makes sense right? None of us wants to feel uneasy feelings so we stuff them back down with food, but as we all learn, this is only temporary, and as soon as the feelings come back, we will eat again.

### How Do I Do This?

Now that you've identified what you're really feeling, the next step is to give those feelings to God in prayer. Most of the emotions we experience that lead us to eat are rooted in some kind of lack or unmet need that only God can fill. So when you pray, ask Him to fill that need in you.

IF YOU FEEL:	PRAY FOR:
Rejected	God's acceptance
Like a failure	Success in God
Judged	God's grace and unconditional love
Unwanted	God's love and acceptance

IF YOU FEEL:	PRAY FOR:
Lonely	God's presence and companionship
Physically hurt	God's comfort
Neglected	God's love and affirmation
Fearful of getting hurt	Life in the Lord
Depressed	God's love
Abandoned	God's support and affirmation
Fearful of success	God's affirmation and unconditional love
Condemned	God's acceptance
Humiliated	God's grace
Out of control	God's control and peace
Inferior	God's affirmation
Powerless	God's power
Misunderstood	God's acknowledgment, acceptance, and grace
Worthless	God's acknowledgement and love
Devalued	God's value and acceptance

As you pray, ask God to fill you with the needs that you currently feel you're lacking. Allow His Spirit to fill you, and over time, as you replace the emotional cravings with God's presence, you will gradually stop feeling the need to feed them with food.

## Key Takeaways

What you're really craving is God and when you take your emotions to Him, He will satisfy you more than food could ever do.

In our own strength, we are not able to overpower our emotions because they are too strong.



## PRACTICE

*So also faith, if it does not have works (deeds and actions of obedience to back it up, by itself is destitute of power (inoperative, dead.*

- James 2:17 AMP

As powerful as it is to pray, God also calls us to take action. If we don't take small steps in faith, our emotions will continually try to take us captive again. A powerful technique to retrain your brain in addition to prayer is to do something active or physical which will help to renew your mind because it engages more of your being.

### How Do I Do This?

Step 3 is called Active Practice. New habits require lots of repetition. To help you, symbolically and actively DO something physical as you renew your mind, and replace your unhealthy emotions. As you go about your day, every time you want to eat emotionally, you will do your active practice. Try it 7-10x per day. The goal of Active Practice is to engage as many senses as possible. Here are some examples:

- Taking a step forward
- Putting your hands over your heart
- Stomping on the feelings or negative thoughts
- Exalting the name of the Lord
- Smile and visualize that God is pleased with you
- Lift your hands in surrender
- Clap your hands in victory
- Sing a verse of a related song
- Draw or sketch something
- Visualize Jesus sitting beside you

What's important is that you practice it every time you experience a toxic thought.

### Key Takeaways

Practice, practice, practice

Engaging in an action consistently will aid in making renewing your mind a default habit.

## Bonus Page

Use these tools to help you overcome emotional eating.

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### **PRAYERS & DECLARATIONS:**

“Thank you God that you are healing/helping/strengthening/working on me according to your perfect schedule.”

“Your grace is sufficient.”

“Lord, I choose to stand in your truth and not worry about what’s happening around me.  
You are in control and that’s all that matters.”

“Lord I thank you that my only desire is to please you and not man.”

“Lord, I thank you that you paid the ultimate sacrifice for me. I am worthy and free to live  
the life you designed for me to live.”

“Lord, I thank you that my greatest desire is to know YOU intimately and earnestly. I see myself as valuable and beautiful just as you see me.”

### **SCRIPTURES/DECLARATIONS/CONFESSIONS**

I am confident that God will perfect the work He has begun in me (Phil. 1:6).

I have not been given a spirit of fear, but of power, love, and self-discipline (2 Tim. 1:7).

I am given God’s glorious grace lavishly and without restriction (Eph. 1:5,8).

I am assured all things work together for good (Rom. 8:28).

I have peace (Eph. 2:14).

I am safe (1 Jn. 5:18).

I can give thanks for everything (Eph. 5:20).

I don’t have to always have my own agenda (Eph. 5:21).

I am chosen and dearly loved by God (1 Thes. 1:4).

I am created in the image of God (2 Cor. 4:4).

I am not helpless (Phil. 4:13).

I am blessed in the heavenly realms with every spiritual blessing (Eph. 1:3).

I am forgiven (Eph. 1:8; Col. 1:14).

I have a purpose (Eph. 1:9 & 3:11).

I can be kind and compassionate to others (Eph. 4:32).

I am set free (Rom. 8:2; Jn. 8:32).

My heart and mind are protected with God’s peace (Phil. 4:7).

Possess the mind of Christ (1 Cor. 2:16)