

THE TABLET

*Write down the revelation and make
it plain on tablets so that he who
reads it may run with it.*

Habakkuk 2:2

GWEN SHAMBLIN

TABLE OF CONTENTS

PREFACE.....	10
GENERAL MEDICAL INFORMATION.....	18
A SPECIAL NOTE ON MEDICATIONS.....	19
1 SPIRITUAL HUNGER.....	21
THE GOD-FOCUSED APPROACH TO OVERCOMING DEPENDENCIES.....	23
THE LINK BETWEEN MEDICINE AND GOD.....	28
GOD'S EATING PLAN...WAIT FOR TRUE STOMACH HUNGER.....	33
HOW TO APPROACH THE FOOD.....	34
VOLUME OF FOOD.....	36
THE EXODUS SYMBOLISM.....	37
NEW DAILY ROUTINE.....	39
HOW TO FEED THE STOMACH.....	42
2 THE BEHAVIOR OF SELF-CONTROL.....	43
HOW TO WAKE UP INTERNAL SENSES.....	45
WAKE UP INTERNAL CONTROL.....	46
IMITATE SELF-CONTROL.....	48
EATING SITUATIONS.....	50
3 HOW TO STOP WHEN YOU ARE FULL.....	53
RECOGNIZE THE PAIN.....	54
PAIN OF THE ESOPHAGUS.....	55
LOWER STOMACH PAIN.....	55
PAIN OF THE SMALL INTESTINE.....	56
THE PAIN OF LETHARGY.....	57
THE PAIN OF GUILT.....	59
THE JOY OF THE TRANSFER.....	60
TIPS FOR SLOWING DOWN.....	63
4 SPECIAL CONSIDERATIONS.....	67
MEDICAL CONSIDERATIONS.....	67
WHAT TO DO IF YOU CANNOT FIND HUNGER.....	68
HEADACHES AND LIGHT-HEADEDNESS.....	69
FEEDING YOUR FAMILY.....	70
OVERWEIGHT CHILDREN.....	71
WHAT TO FEED YOUR PETS.....	72
EFFECTS OF ILLNESS ON HUNGER.....	72
MEDICATIONS TO BE TAKEN WITH FOOD.....	73
PRE-EXISTING MEDICAL CONDITIONS.....	74
HYPOLYCEMICS AND DIABETICS.....	74
HYPOTHYROIDISM.....	75
PREGNANCY AND NURSING MOTHERS.....	76
METABOLISM.....	77
5 WHY IS IT HARD TO STOP EATING?.....	79
6 INTERVENTION FROM THE HEAVENS.....	89
YOU ARE WORTH MORE THAN SPARROWS.....	89
REWARDS/JEWELS FOR OBEDIENCE.....	95
7 WAYS OF ESCAPE.....	99
8 TRANSFER OF RELATIONSHIP WITH FOOD TO GOD.....	103
TURNING TO GOD FROM IDOLS.....	103
THE TRANSFER.....	104
PLEASEING GOD OR SELF.....	106
A NEW FOCUS BY TRAINING THE SENSES.....	109
YOU FALL IN LOVE WITH WHAT YOU FOCUS ON.....	111
MOTIVATION.....	114
9 WHY MAN-MADE RULES DO NOT WORK.....	117
PUT TO DEATH THEREFORE.....	126
HOW TO CHANGE.....	128

10	HOW TO VIEW GOD'S BODY	131
	IDEAL BODY WEIGHT	135
	HOW TO APPROACH THE SCALES	136
	EXERCISE	137
	EATING DISORDERS	138
	TIPS TO STOP BINGEING/PURGING	139
11	LEARNING TO SENSE INTERNAL CONTROLS	143
	SEEK RIGHTEOUSNESS NOT NUTRIENTS	145
	BIOLOGICAL FEEDBACK	150
	TYPE II DIABETES	158
	HOW DO WE GET THE NUTRIENTS WE NEED?	158
12	HOW TO HAVE A BALANCED MEAL	161
	GOOD HEALTH AND RIGHTEOUS LIVING	164
	ORGANIC FOODS	166
	FOOD ALLERGIES	167
	IRREGULARITY	167
	VITAMINS	168
	ARTIFICIAL SUGARS	169
	HOW TO EAT POTATO CHIPS AND CHOCOLATE	172
	CHOCOHOLICS	174
	CELEBRATION MEALS	176
13	LOVE THE LORD YOUR GOD WITH ALL YOUR HEART	177
	A PASSIONATE HEART	178
	SEEING THE PASSION	180
	EXPOSING THE FALSE GODS	182
	FROM A HEART OF STONE TO FLESH	183
14	HOW TO GET THE SPIRIT OF GOD	187
	SELF-CONTROL	188
	HOW TO GET ANSWERED PRAYERS	190
	WHY DOES GOD WANT US TO OBEY?	194
	OUTSIDE VERSUS INSIDE FORCES	195
	DIET LAWS—THE OUTSIDE FORCE	197
	GOD'S POWER VERSUS WILLPOWER	197
	CONTROL VERSUS DISCIPLINE	198
15	TEMPTATIONS	201
	DEALING WITH TEMPTATIONS	204
16	THE SPIRITUAL WAR	205
	SPIRITUAL WARFARE	205
	SUFFERING FOR THE WILL OF GOD	207
	BATTLE TOOLS	208
	WHO YOU OBEY IS YOUR GOD	210
	WARNING/BATTLE SCRIPTURES	214
17	SUFFERING	215
	THE LAST 10 POUNDS	216
	ACCEPTING GOD'S DECISIONS	218
	CONSIDER IT PURE JOY	220
	CHANGE YOURSELF FIRST	221
	JESUS ALSO SUFFERED	221
	LIFE COMES FROM DEATH	222
18	FREE FROM UNWANTED BEHAVIORS AND SUBSTANCES	224
	LIST OF STRONGHOLDS	224
	TWO TYPES OF SINS	228
	DEAD-END PATH ONE—"WE SHOULD NOT FEEL GUILT"	229

DEAD-END PATH TWO—PROJECTION/ANGER/DEPRESSION.....	232
THE FIRST RECORDED PROJECTION.....	233
THINGS THAT CAN NO LONGER BE EXCUSES.....	235
DYSFUNCTIONAL.....	235
FAMILY HISTORY.....	235
UNFORGIVENESS.....	236
TURNING GUILT AND DEPRESSION AROUND.....	238
THE ALLURE OF SYMPATHY.....	239
DO NOT BLAME CIRCUMSTANCES.....	240
DEAD-END PATH THREE—DEEPER SELF-FOCUS/DEEPER DEPRESSION.....	241
DEMON POSSESSION.....	241
RESULTS OF CONTINUING IN SIN.....	245
OUTWARD PHYSICAL MANIFESTATIONS.....	245
EMOTIONAL MANIFESTATIONS.....	246
DEAD-END PATH FOUR—PASSION SEEKERS/LUST/THEFT.....	249
SEXUAL LUST.....	250
STEALING/THEFT.....	253
WHEN YOU FEEL LIKE GIVING UP.....	254
REPENT AND REPLACE.....	255
19 ALCOHOL, TOBACCO AND DRUG ABUSE.....	261
ALCOHOL.....	261
TOBACCO.....	265
ILLCIT DRUGS.....	267
OVERCOMING.....	270
SCREEN FOR OVERDRINKING.....	271
WEIGHDOWN DEPENDENCIES WORKSHEET.....	272
20 PROJECTION VERSUS INTROSPECTION.....	273
THE STRONGHOLD OF CONTROL.....	276
21 THE NARROW DOOR.....	279
STEP ONE—MAKE A CHOICE.....	280
STEP TWO—TURN AROUND.....	281
STEP THREE—PUT ON THE NEW LIFE.....	282
STEP FOUR—PERSEVERE.....	283
PARABLE OF THE FOUR SOILS.....	284
22 THE ESSENTIAL, IMMINENT REQUIREMENT.....	287
THE WARNING.....	291
DOES GOD GIVE UP ON US?.....	294
THE TRUTH WILL SET YOU FREE.....	297
23 ALL OR NOTHING.....	301
PARTIAL OBEDIENCE.....	302
YOU CANNOT SERVE TWO MASTERS.....	304
24 A WHOLE NEW LIFE.....	311
WALK IN THE SPIRIT.....	315
WALK IN THE STEPS OF CHRIST.....	318
WALK IN LOVE.....	318
WALK IN THE LIGHT.....	321
IN CONCLUSION.....	327
APPENDIX.....	331
ADDITIONAL RESOURCES.....	331
A WORD FROM THE STAFF.....	336
WEIGHDOWN WEIGHT RECORD.....	337
WEIGHDOWN FOOD SCHEDULE CHART.....	338
WEIGHDOWN PRAYER CHART.....	340
WEIGHDOWN REWARDS/JEWELS PAGE.....	342
WEIGHDOWN WAYS OF ESCAPE PAGE.....	343
ABOUT THE AUTHOR.....	344
THE IMPORTANCE OF FELLOWSHIP.....	346
HOW TO CONTACT US.....	351

1

SPIRITUAL HUNGER

The Tablet is a comprehensive book to help people overcome the trials and unwanted dependencies in this life. Many people feel empty... defeated and yet have put great effort and resources into counsel, doctors, clinics and pills, to no avail. I do know the pain of overwhelmed lives, people who in their wildest dreams never thought they would wind up needing help or having troubles like they have faced. Many are wondering where life is going to take them from here, and many have long since stopped praying and asking God for help because they feel their prayers have not been answered.

Hopelessness has been stirred into this planet over the last five decades like never before, including constant threats of global recessions or even worse days rivaling the Great Depression. We are coping, but it has been expensive. The National Institute of Mental Health reports that 254 million prescriptions worth over 10 billion dollars were written for antidepressants in 2010, surpassed only by cholesterol-lowering prescriptions.^[1] This does not include the ever-permeating use of illicit drugs, alcohol, and the present legalization of marijuana. The list of escapes is astounding.

There is another part of the population that has sought religion out to help, but only to find hypocrisy at its all-time high, with more

1 *National Institute of Mental Health: Antidepressants—A Complicated Picture*

and more sermons to justify this “license to sin.”^[2] Where do you turn? Truth is the answer, and you will know when you find the truth because you will be *set free*.^[3] We encourage you to read on because we know that this is the answer for permanent change in unwanted behaviors of all kinds.^[4] This spiritual journey is open to all religions, faiths, creeds and even for those who have given up on religion. After studying world religions over the years, I have come to the certain conclusion that the name of Jesus Christ is, by far, the most powerful name on the planet. This is not about doctrine but about experience. The healing that Christ brought was universal, and there is no race, creed, color, nor age that this truth does not transform. Those of us who work with this Ministry are humbled every day as we are allowed to see person after person be set free.

You would not be reading this book if you were not ready for a change! The time is now... our Creator has called us to be born again, to be a new creation—to put off the old and put on the new.^[5] This implies that we CAN CHANGE! This implies that we *must* change! We do not have to be the same person we were even one hour ago! It is such grace and so exciting to be different—every day reformed for the better, striving to have every virtue of Christ possible.

This journey will take you primarily through the steps of how to overcome a food dependency. However, you can apply these steps of overcoming to any and every dependency by substituting your personal compulsion or dependence. Even if you do not think one of your

2 *“For certain men whose condemnation was written about long ago have secretly slipped in among you. They are godless men, who change the grace of our God into a license for immorality and deny Jesus Christ our only Sovereign and Lord.” Jude 4*

3 *“Then you will know the truth, and the truth will set you free.” John 8:32*

4 *See list in Chapter 2*

5 *“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” Ephesians 4:22-24*

problems is food, I challenge you to read this book and line up your eating habits with the way the Lord wants you to eat. Many a person who thought they had “no weight to lose” found themselves losing 5, 10, 30, even up to 50 pounds of excess weight. But even if you truly have no weight to lose, going back to eating the way the Creator wants is huge because it is deeper than just eating... it is going back and getting in touch with the guiding hand of Divinity. And since you *have* to eat several times a day, you learn to go to the Lord all day, every day. If you are indulging in tobacco, no doubt you are missing body signals that are telling you to stop. This is true with all substances. But what if your downfall is pride or selfishness or talking too much? You need to listen to the inside of you—the internal control from the Heavens. It is there and can be reawakened if you would only get still and listen to the Voice from within. This exercise is for all of us. We all need to talk less, and listen more to God and His Holy Spirit. So remember, we will use hunger and fullness to relearn how to find and respond appropriately to the guiding hand of The Great I Am—the guidance essential for all things.

There is one essential exercise needed daily... you have to look into the mirror and see what needs to be improved in your life. No one likes to do this at first—no one really wants to believe that they have faults, but this introspection is crucial for transformation.

For example... the overeater may think the amount they eat is small, but when you add up the total amount of food, it is too much. After reading this book, you will be eating perhaps only one-third of what you were eating before!

THE GOD-FOCUSED APPROACH TO OVERCOMING DEPENDENCIES

We have all been created with two empty, needing-to-be-fed holes in our body. One is the stomach, and the other is the heart.

The stomach is a literal hole in our body, which is to be fed with the proper amount of food. As for the heart, I am speaking

figuratively of our deep-down feelings—your passion and soul. To satisfy these God-given longings, deep-down feelings, needs, or desires of the heart, we may often turn to food and overload our stomach with more than it needs.

Trying to feed a hurting, needy heart with food or anything on this Earth—alcohol, tobacco, antidepressants, sexual lusts, wealth, overshopping, the praise of other people, etc.—is a common error. These lifestyle choices or desperate copings really are no alternative,

IN A WORLD OF UNCERTAINTY THERE IS A
MESSAGE FROM CHRIST OF CERTAINTY..
WE DO HAVE CONTROL OVER OUR
LIVES AND THE OUTCOME.

because they bring harm to the body one way or another. The person who attempts to feed a longing heart with food will stay on the path to overweight. Those who pursue an overindulgence of alcohol or tobacco or power will also reap the consequences of those pursuits. Overeating is the single most related factor to the following conditions: cancer, heart disease, diabetes, lethargy, inactivity, depression, and non-disease-induced breathing apnea, and it is the major contributor of complications to joint and bone problems, slow healing, muscle stress, fatty liver, poor circulation and resulting edema, kidney complications, back and spine pain, headaches, poor immune system, etc. There is absolutely no end to the curses that result from the choice of overeating, which is a form of slow suicide.

There is nothing inherently evil about food, alcohol, tobacco, currency, credit cards, etc. In Mark 7, Jesus pronounced all foods clean.^[6]

6 Again Jesus called the crowd to him and said, "Listen to me, everyone, and understand this. Nothing outside a man can make him 'unclean' by going into him. Rather, it is what comes out of a man that makes him 'unclean.'" After he had left the crowd and entered the house, his disciples asked him about this parable. "Are you so dull?" he asked. "Don't you see that nothing that enters a man from the outside can

However, it is wrong to become a slave to any of these things or to let them master you. Another way to put this error: it is wrong to be greedy for *too* much—for more than what the Lord has allotted for each of us concerning food, prosperity, marriage, position, etc. Historically, the church referred to these sins as vices, and overeating was one of the “Seven Deadly Sins” and called “gluttony.”

After counseling for 30 years, it was easy to see that these cravings were related to sensual indulgence as talked about in Ephesians 4:17-19. Alcohol—you are looking for a feeling. Binge eating—you are looking for a feeling. Gossip, slander—Proverbs says it goes down like choice morsels.^[7] Tobacco, drugs—you are looking for a feeling. Power, control, capital, praise of man, pride—you are looking for a feeling of superiority and justification. It is *sensual indulgence* or head hunger, desire eating, or desire bingeing, or just lust of the eye, lust of the flesh, the pride of life as referenced in I John 2:16. “Head hunger” is chewing just because the food calls your name—i.e., it looks good, it smells good, it tastes good, which would be mouth indulgence.

As you can see from the picture, we have been trying to feed our hurting, longing hearts with physical food and substances. We have also learned to crave sensual indulgence. But God provides for a way out ...

1. Relearn how to put *all* of your eating, drinking, talking, shopping, and lusts back into the boundaries that the Lord God Almighty has established.



God created two
empty places in
each of us.

make him ‘unclean’? For it doesn’t go into his heart but into his stomach, and then out of his body.” In saying this, Jesus declared all foods “clean.” He went on: “What comes out of a man is what makes him ‘unclean.’ For from within, out of men’s hearts, come evil thoughts, sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and make a man ‘unclean.’” Mark 7:14-23

7 Proverbs 18:8

2. Relearn how to feed or nourish the longing human soul with a relationship with the Father instead of turning to substance abuse or emotional, sensual, controlling strongholds or indulgences. (See page 42.) This will affect every area of your life!
3. Relearn how to stop responding to sensual indulgences (for example, the urge to eat when the body is not calling for food) and instead be sensitive to what the body is calling for, because this is how our Savior wants us to eat, and how He made our bodies and provides optimum health.

Your major concern will be “How can this work for me?” because:

1. “I am not particularly religious anymore” and “I feel a distance between me and God because I have been told this is a chronic disease or genetic and I see no cure.”
2. “I have tried every diet 10 times, every diet pill and exercise, and failed miserably—so how can this work?”

What we are really asking is... “Am I a failure, or has God forgotten me or is He sabotaging me?” Well, you are not a failure, it is not genetic, and the Heavenly Father is not sabotaging you, and *everyone* is religious in that we are all bowing down to something or someone. “Religion” is simply what you adore, and we all adore something or someone. It is a problem if this adoration is above the adoration of the Spirit. The basis of True Religion is to have no idols before THE ALMIGHTY GOD AND OUR CREATOR. Exodus 20:2-6 says:

“I am the Lord your God, who brought you out of Egypt, out of the land of slavery. You shall have no other gods before me. You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of

those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.”

We should worship the Lord God Almighty alone and above all.

Our nature is being a slave to one thing or another—the essence of religion. Religion is simply what we adore or worship—what makes our pulse rate go up when we think about it, whether it be food, alcohol, tobacco, sports, computer games, TV, lusts, hobbies, the pursuit of fortune, etc. We are giving our heart and soul over to people or praise of man. Mankind tends—without intervention—to make the huge mistake of running after the *created* over the *Creator*. You realize the severity of this mistake once you see that God adores us more than you can think or imagine. Exodus 34 says:

“The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, maintaining love to thousands, and forgiving wickedness, rebellion and sin... I am making a covenant with you. Before all your people I will do wonders never before done in any nation in all the world. The people you live among will see how awesome is the work that I, the Lord, will do for you... Do not worship any other god, for the Lord, whose name is Jealous, is a jealous God.” Exodus 34:6-7, 10, 14

**RELIGION IS SIMPLY WHAT WE ADORE
OR WORSHIP—WHAT MAKES OUR
PULSE RATE GO UP.**

So the Father is jealous for our devotion. He is the Genius and loving Creator of all life and matter. If someone created you—you need to show some appreciation and love them first. Please! We should be a servant to our Creator... to His righteousness. Being righteous glorifies Him, but it helps us even more.

THE LINK BETWEEN MEDICINE AND GOD

Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord. And the prayer offered in faith will make the sick person well; the Lord will raise him up. If he has sinned, he will be forgiven. Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous man is powerful and effective. James 5:14-16

Until the twentieth century—almost 2,000 years—people would go to the church Elders, church Rabbis, and the Prophets and Apostles as well as the physicians for healing.^[8] What happened? Is God no longer necessary because we consider ourselves more educated than previous generations? So... are we more intellectual than Solomon, Plato, Socrates, Jesus Christ, Galileo? Has the Creator gifted the twentieth century physicians, scientists, nutritionists, and dietitians so we no longer need THE GOD OF THE UNIVERSE? God is The Great Physician. It is obviously a temptation to give credit to man over God, and that is called humanism, but humanism or the desire to give man too much credit is very criminal because it robs the Lord of His deserved credit. Look at this passage that obviously influenced our predecessors who knew to turn to the Lord first for illnesses:

In the thirty-ninth year of his reign Asa was afflicted with a disease in his feet. Though his disease was severe, even in his illness he did not seek help from the Lord, but only from the physicians. Then in the forty-first year of his reign Asa died and rested with his fathers. II Chronicles 16:12-13

So King Asa sought out the physicians and not God, and so he did

8 *"Is any one of you in trouble? He should pray. Is anyone happy? Let him sing songs of praise. Is any one of you sick? He should call the elders of the church to pray over him and anoint him with oil in the name of the Lord." James 5:13-14*

not heal up/recover—in fact, even though he had the best physicians of the day, their efforts were not blessed, so he died. The best doctors in the world are not the key to healing; the absolute key is consulting the Creator and asking Him to heal you and to bless the hands of the physicians. It is not wrong to seek medical advice through prayer, but The Great I Am should be sought first and then recognized as the Source of all sound medical treatments. This is indeed the most important health tip you will ever receive. The second most important health tip will be living a righteous life.^[9]

However, over the last few decades, in the mid-twentieth century, people have left God and Christ out of medicine and science, in spite of the fact that Christianity launched most of our hospitals—the Catholic hospitals, the Methodist hospitals, etc. Now that God is left out, we have a nation full of sickly Asa's who are not healing; indeed, increasingly diseased. Instead of being wise and turning back to God, man just added more man-made services so that now the medical industry is one of the nation's largest businesses, highly staffed. The U.S. health care system is by far the most expensive in the world, consuming 18 percent of the nation's GDP.^[10] The Commonwealth Fund is a private, nonpartisan foundation that supports independent research on health and social issues and makes grants to improve quality. This foundation ranked the United States last in the quality of health care but the most costly. As said before, even with the government pouring billions into this industry, the U.S. is at the bottom of the list for life expectancy. In a 2013 Bloomberg ranking of nations with the most efficient health care systems, the United States ranked 46th among the 48 countries. In five short decades, we have lost faith and abandoned the connection of religion and health.

This pride has entered the medical arena. Medical schools originally included a dependency on God, as evidenced in the official

9 See Chapter 11 for more on this subject

10 *The Commonwealth Fund: The 2013 Annual Report*



medical symbol of the AMA (American Medical Association)—called the “Nehushtan”—which is the image of the bronze snake that Moses held up in the desert to cure the people of a plague. When Israel would gaze at the Nehushtan, they would be healed. The people were instructed by the

Lord through Moses to look at the pole to be healed. The pole was symbolic of Christ on the cross.^[11] The original basis of all medicine was looking to God and His Prophets, as God healed so many through them. This should not seem so illogical. Perhaps 85 percent or more of patients have physical ailments due to wrong choices—overdrinking, smoking, bingeing, overworrying, overdoing it—one form of greed or another. This overindulgence is what is ruining our health; it is the cause of most all ailments. You can now see the connection: in turning to the Lord, you have no greed... if you have no greed, then there is no indulgence... if there is no indulgence, there are no medical problems... you are healed. Now the James 5 passage makes sense when it connects healing and turning away from sin. In addition, have you ever wondered why it was the Apostle Paul who the people turned to when the young man fell from the third floor window? There is no reference to the people immediately looking for a doctor. The righteous Apostle Paul prayed over him and this man survived.^[12] No doubt the nurses and the doctors, at this point, were called to attend him.

These prideful attitudes went hand-in-hand with the last 50 years of poor advice that individuals should diet—and are therefore responsible for analyzing the caloric and nutritional content of

11 “Just as Moses lifted up the snake in the desert, so the Son of Man must be lifted up, that everyone who believes in him may have eternal life.” John 3:14-15

12 Acts 20:7-12



The sick people were instructed by God through Moses to look at the pole (Hebrew: Nehushtan) to be healed. Numbers 21:6-9

everything edible and for relating this knowledge to the complicated needs of the human body.

However, the Scriptures tell us in Colossians 2:20-23:

Since you died with Christ to the basic principles of this world, why, as though you still belonged to it, do you submit to its rules: “Do not handle! Do not taste! Do not touch!”? These are all destined to perish with use, because they are based on human commands and teachings. Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

Man-made rules have *no value* in restraining a vice, sin, indulgence, yearning, or a bad habit. Yet, the most incredibly good news is that turning to God gives you the wisdom and the power to overcome every stronghold. People who are sick and overweight and indulgent need the Heavenly Father and godly Leaders to pray over them.

So laying down sin and turning to God is essential in wellness. Having godly Leaders who have laid down their sin to pray over you is strategic—leaders walking in the Spirit, which means, according to Galatians 5:24,^[13] that they “have crucified” their sinful nature.

Man-concocted diets will never work. God has never asked anyone to eat food off of a list, to count fat exchanges, to take an appetite suppressant, or to participate in excessive time-consuming exercise. You have just been applying the wrong medicine to this spiritual condition. You were using your willpower and man’s rules. Man-made rules will not work.^[14] I know you are weary, tired, and hurting. It is time to return to the Creator, to stop trying to do this on your own and come home to where you belong, to your Heavenly Father with

13 “Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires.” Galatians 5:24

14 See Chapter 9, “Why Man-Made Rules Do Not Work” for more information

His Heaven-sent plan for your life, which is intended to guide His people back to His heart. In conclusion, medicine and God should definitely be linked.

GOD’S EATING PLAN...WAIT FOR TRUE STOMACH HUNGER

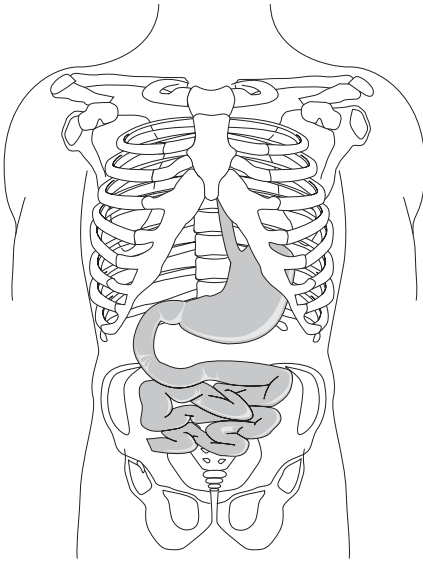
The lesson is to relearn how to feed the stomach only when it is hungry. To relearn how to feed the stomach, you first need to wait—wait for true stomach hunger. Waiting for stomach hunger will be like waiting for the “E” or empty on an automobile fuel gauge.^[15]

The stomach is a pouch made out of three layers of muscles, and it is located right below your sternum bone or chest bone. The top of the stomach lies against the diaphragm, and lying behind the stom-

**I KNOW YOU ARE WEARY, TIRED, AND HURTING. IT IS
TIME TO RETURN TO THE CREATOR, TO STOP TRYING
TO DO THIS ON YOUR OWN AND COME HOME TO
WHERE YOU BELONG, TO YOUR HEAVENLY FATHER
WITH HIS HEAVEN-SENT PLAN FOR YOUR LIFE,
WHICH IS INTENDED TO GUIDE HIS PEOPLE
BACK TO HIS HEART.**

ach is the pancreas. This feeling of true stomach signals we are looking for is a small, burning, empty, hollow sensation that occurs several hours after the last meal. If you have just binged, then it may be as much as a day later. When you are obese or more than 25 percent over your ideal body weight, then the feeling is not very strong. Your body does not want much food when you are overweight; the body will guide you to eat very small amounts each day until you have lost all the weight. When using emptiness and fullness, the body is breaking down the stored fat and using it for fuel. Praise God! You are losing unwanted fat cells every time you are waiting and pushing away from food until your stomach growls. If you are not sure that

¹⁵ For more on this subject, see the *You Can Overcome* TV show website RemnantFellowship.tv



the sensation that you are feeling is the body's signal to eat, just wait a little longer. You are going to feel light and happy while you are waiting for hunger.

HOW TO APPROACH THE FOOD

We suggest that you drink only non-caloric drinks, such as water, diet sodas, and artificially sweetened tea while you are learning how to sense the body's needs. If you drink sugared tea or

sodas, milk, fruit juice, or sports drinks throughout the day, the glucose or the sugar from them will keep your blood sugars up, the result being somewhat like an IV bag in the hospital. If the blood sugar levels stay elevated, then the stomach will not growl or feel hungry. Continually popping mints or hard candy, chewing sugared gum, and putting cream in your coffee will have the same effect on your blood sugar.

Drinking sugared and naturally-sweetened drinks such as juice is the number one reason that children are reluctant to eat solid foods. This, more often than not, results in the child becoming anemic. Therefore, limit sweet drinks and start using non-caloric drinks or water.

It takes approximately three weeks for your taste buds to switch over from regular soda to non-caloric soda. It is easy after the third day if you do not go back and forth. You can train your taste buds to like anything! The Heavenly Father programs us to naturally like what we get used to. Variety is good for the body, up to a point.

Many diet programs push additional drinking, but overdrinking is going against what the body calls for and, like overeating, is a health

risk. Overconsumption of liquids and water upsets the pH balance and causes hyponatremia, meaning too little salt in the bloodstream. Symptoms include dizziness and nausea. Learn today that *anything* in excess—beyond what the body is calling for—is not good for you, including something as seemingly harmless as water. More is not better. Use your perfectly engineered thirst mechanism—it keeps you precisely balanced. Eliminate opening canned drinks all day long, carrying around extra large glasses, or carrying drinks around with you everywhere.

Now, reason with me... most humans trust their breathing mechanism—a subconscious response—but if you panic and think you do not have enough oxygen, you might hyperventilate. Just like force-feeding beyond what the body calls for, this is “force-breathing,” and your body is made so well that it will prevent you from hyperventilating by causing you to pass out, and then the perfectly designed subconscious will resume breathing (appropriate oxygen intake) on its own. People have been known to binge-eat to the point of unconsciousness. Humans can make wrong choices if we are not in tune to the body. The Genius Biochemist designed the body in such a brilliant way! God programs your sleep needs for each year of your life, so we are not to fight it but heed it. We must pay attention like never before to all the internal cues and especially the hunger mechanism, since ignoring this is related to all major diseases and death. Ignoring hunger and fullness is the single most related factor to premature or early death. It is so harmful to ignore it one way or the other—either too little or too much—that it affects your life span. God has made our bodies to work perfectly and give us maximum life span if we listen, pay attention, heed, and concentrate. We should be like all the animals who go to bed each night at the hour the Creator gives them, who wake up each day with the lead of God, and who look to the Creator for each meal. You cannot help but observe how happy and cheerful and peaceful all of creation is! By following this lead closely and not allowing yourself to feel pressured to eat from any other

source, you will have more energy and more time than you have ever had while you are waiting for the body to call for food.

DO NOT LET YOUR MIND WANDER TO FOOD AT ALL UNTIL ... YOUR STOMACH IS GROWLING.

When your blood sugar drops, this is normal; the stomach walls produce hydrochloric acid, which makes the stomach growl or twist or feel empty. This is your signal! This is your one and only signal to eat. When you feel a growl, a Thin Eater^[16] would then think about food. Do not let your mind wander to food at all... until your stomach is growling. It is healthy to empty out or not to eat until true appetite. Medical conditions are addressed in a later chapter,^[17] but remember, losing weight is the number one thing that you can do for good health and longevity, so do not fear waiting for the stomach growl. Waiting for hunger is the healthiest thing you can possibly do if you want to live a long and healthy life.

VOLUME OF FOOD

Once you stop going to the lust of the eye or the lust of the flesh or pride for sensual indulgence, escape, spacing out, a tranquilizing effect, comfort, and so on, and stay within the Lord's boundaries, you will be denying yourself.

For overeaters, once you start swallowing regular foods only when your stomach growls, you will swallow or eat just one-half to one-third of what you used to swallow. The desire eating goes away. That means you will lose weight! You *will* be able to do this; it happens naturally. You will not have to measure the food or count the grams—your stomach will guide you. The volume of food decreases

16 Definition is in Chapter 2, page 48

17 See Chapter 4, "Special Considerations"

as you focus on and obey the stomach's signals. Thousands of ex-dieters are doing this within 24 hours of starting WeighDown.

The typical weight-loss program suggests losing weight through diet (large volumes of low-calorie foods) and exercise. We suggest that if you lose the passion for food, the result will be that you eat less food and therefore lose weight permanently. The typical 1950s-2010s approach tried to fix the body or the food but did not address the passion. The WeighDown approach fixes the heart first, and the body follows.

**WE SUGGEST THAT IF YOU LOSE THE PASSION
FOR FOOD, THE RESULT WILL BE THAT YOU EAT
LESS FOOD AND THEREFORE LOSE
WEIGHT PERMANENTLY.**

The Tablet, along with WeighDown, will instruct and support you on how God can bring us to peace with food—never to return to the nightmare of endless overweight, yo-yo dieting, and “have-to” exercise regimens, but rather to a calm, non-magnetized approach to regular foods with the ability to approach foods such as rich entrees and desserts without losing control. Exercise need no longer be connected to burning calories; instead, it can be an enjoyable activity.^[18] You will be free!

THE EXODUS SYMBOLISM

We liken the journey you are about to take—from the slavery of diet programs (fat gram and calorie counting) and overweight to being a normal eater—to the journey the children of Israel took from the slavery of Egypt, through the Desert of Testing, and finally to the Promised Land.

18 See Chapter 10 for more on exercise and weight loss

The Biblical book of Exodus in the Old Testament is the age-old story of the Exodus of God's children from Egyptian bondage. Do you remember the story of how God parted the Red Sea? The Lord sent Moses to lead the Israelites and to let them know that He was delivering them from bondage. God sent plagues upon the Egyptians to make pharaoh let His people go. After ten horrible plagues, pharaoh let the Israelites pack their bags and go. Pharaoh regretted his

**THE WORLD IS READY FOR THE TRUTH THAT
SETS THEM FREE FROM THEIR WRONG LIFE
CHOICES.**

edict and tried to recapture the Israelites, but God parted the Red Sea with a mighty east wind. Once the Israelites were safely on the other side, pharaoh's mightiest warriors and finest chariots and horses were buried by the sea as the Lord God Almighty put the water back into its place. The Israelites had witnessed God's mighty deliverance of them from the clutching hands of pharaoh.

But before the Almighty Savior could let His children inherit the Promised Land flowing with milk and honey, He took them on a journey through the Desert of Testing. Deuteronomy 8:2-3 says:

Remember how the Lord your God led you all the way in the desert these forty years, to humble you and to test you in order to know what was in your heart, whether or not you would keep his commands. He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.

Just like the Israelites, you will experience a deliverance from dieting and the bondage of food and diet programs that treat you like children. This book will explain to you how thousands have handled the Desert of Testing. Finally, you will be shown how to follow in the footsteps of God's children who entered the Promised Land of milk

and honey. “So if the Son sets you free, you will be free indeed.” John 8:36
The Promised Land is a place out of the hot Desert of Testing, where you no longer feel tempted to eat when your stomach is not hungry.



After the long Desert of Testing, the children of God arrived at the Promised Land.

No matter what your age, no matter what your size, no matter what your means of control—whether it be dieting, exercising to keep the weight off, bulimia, anorexia, or just giving up self-control, the Promised Land is for you.

NEW DAILY ROUTINE

Replace your old daily diet routine, with your new daily routine...

- 1. Praise And Prayer:** You are on an Exodus with the children of God away from the slavery of food, through the Desert of Testing, and to the Promised Land. The Promised Land is a place where you have a relationship with God more than a relationship with food—a relationship with the Creator of the Universe over created things. Learn to start your day off with praise to your

Heavenly Father for giving you another day, followed by prayer for help to lead you not into temptation but to deliver you from any evil—which would include a craving for food. We have been commanded to take care of our bodies and not destroy them. Overeating makes you sick and damages the body. Start the day off right, and get used to praying all throughout the day.

2. **Hunger And Fullness:** You now get to wait for stomach hunger, which is a growl. If you cannot get to food at that point, do not worry. The acid will go away in about 10 minutes and come back around in about an hour. Just wait. Once you get hungry again, eat small amounts. How? Serve yourself regular foods on a small saucer or cut the foods in half. Rate your foods and eat your favorite foods first. You may have very small units of chocolate or sweets at the end of your meal. Make sure you eat the desserts very slowly—sipping between bites. Stop when you are full and get the food out of sight—by putting it in a carryout, covering it with a napkin, or storing it away.
3. **Less Is More:** Remember... there will be no end to desire, and more is *not* better. No more binge eating—the body cannot taste the food during a binge anyway. There is a whole life out there beyond the food! If you are having trouble with going beyond full, slow the eating down and sip between bites. Put your fork down for a few minutes. Sit back, try looking up more, and enjoy the conversation with the people around you. It is good to limit alcohol because it can give you a false sense of appetite, and it also can relax your determination to wait for the growl. But drinking something hot (coffee or hot tea) can make you feel satiated or full. It takes 20 minutes for the food that you have eaten to hit the bloodstream so that you feel the satisfied feeling.
4. **Pray When Tempted:** Pray when you are tempted to eat but you are not hungry. Run to the Lord, His Word, the WeighDown workbook and audios. All other temptations to eat, including head hunger, mouth hunger, TV eating, party or social eating, the

lust or desire to eat, the food luring you because it is hot, “escape eating” or “mindless eating” excuses—cannot be a reason to eat anymore. The temptation to eat will pass in about 10 minutes if you get away from the food and turn to God for help! He will not let you be tempted past what you can bear.^{[19][20]}

5. **The Transfer To God Is Blessed:** If you really want to get out of the slavery of overeating and binge-eating... then change what you focus on and what you listen to. If you redirect your focus, you will modify your desires forever! The transfer from being enslaved to food over to worshipping the Lord is life-changing and amazing! The blessings are countless! It is awesome to use food only for *energy*—not indulgence—eating only between hunger and fullness. The number of times, amounts, and portions of food you eat per day will be less, so you will feel better and have much more energy to get other needed things done. You will have hope again! Instead of eating, run to your Creator, your Heavenly Father, to fill and fulfill your mind, time, and life. He can do so much better than a binge of food. This book will help you transfer this desire to eat over to a relationship with God. This will open up a whole new and blessed life. Temptations and spiritual warfare are real—so just stay focused and determined and these times will pass. The clouds will go away and the sunshine will come back out. This is just a part of the test from the Heavens to see if you adore the Creator more than created things. This is *life*—and the results are wonderful. Hang in there and the results will be better health, a happier outlook, and a more fruitful and blessed life, full of love and joy!

19 “No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it.” I Corinthians 10:13

20 To order your workbook and audios, contact our office at 800-844-5208 or info@weighdown.com. See Additional Resources in Appendix for more information, or visit our website, www.WeighDown.com

HOW TO FEED THE STOMACH

1. Wait anywhere from 1 to 36 hours on your first hunger, and then it will come approximately 1 to 3 times a day. Do not fear—you will love the energy you feel from this and the delight from being able to wait.
2. Hunger is a polite burning sensation, the feeling of a knot inside your stomach. If you have to bypass hunger due to work or social conflicts, the sensation will come back around in 45 minutes to an hour. While it is normal to skip hunger once in a while, do not make it a habit. If you have not felt hunger within 36 hours, eat a small meal and wait for hunger again. You should feel it soon. After your first attempt, do not keep waiting 36 hours. Continue to decrease your food intake daily until you feel stomach hunger. Do not be legalistic. We are working on reducing food intakes to normal amounts for your body.
3. Enjoy your family during meal time. If you are hungry before dinner, just bypass hunger. If you are full at normal mealtime because of an irregular eating schedule or because you tasted all your cooking—several times—then just drink a glass of non-caloric tea and talk to the family.
4. Drink non-caloric beverages to help the sugar levels drop normally so that you can feel the hunger signal. Continual intake of sugar through drinks prevents you from sensing hunger.
5. Sip your drink between bites. Stop eating when you are satisfied.
6. Rate your foods. Decide which foods you like best and eat those first, saving the least favorite until the end. Generally, leave desserts until last.
7. Wrap up the leftovers. You can have them the next time you are hungry.
8. Use carryouts when eating out. Restaurants serve such large portions. Some foods, especially pastas, taste better the next day. However, other leftovers will just turn green in the fridge, and then you can easily throw them away without being tempted!
9. Do not serve yourself a five-course meal just because a medication must be taken with food. Food needed with pills can be small amounts like one to three crackers. You do not need a banquet unless the physician orders that.
10. When using these godly principles, expect your food consumption to decrease to one-half or one-third of what you were eating as an overeater. As you progress, you may expect your desire eating, or desire for food, to decrease over time.

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