

To my brothers & sisters in humanity;

Good morning. Smile-a lil!! So how are things? Great I hope.

As for myself, I'm sitting here figuring out how, by Gods' grace & mercies, I'm gone put the blessing down on paper.

Bear with me-please.

I love you...

So this is dedicated 2...

You. Me.

2

Comfort eaters!

The question² be articulated is "why do I eat?"

Most of us would typically respond that "I eat because I'm hungry!"

But-are we really?

Are you really hungry? Are you really on the brink of starvation? Is your stomach so much on "E" (empty) that it ever cries out, "fed" * me, Seymour!?" or are we consuming food at such a rapid rate in an effort to solve & or cope with much deeper issues?

So let's "overindulge" in reasons why we eat & a worthwhile solution beyond the millions of diet options, that are saturating the planet.

A popular candy commercial encourages you to eat it's product under the marketing strategy "WHAT COMFORT TASTE LIKE."
So that's where we at!

The Bible says "bread strengthens your heart" (Psalms 104:15) but we've taken food out of context & are in the developmental stages of idolizing it!!

We need to stop prescribing food as a way to deal with feelings, emotions & ~~physical~~ ^{spiritual} well being.

How do we do that?

JESUS - THE GREAT PHYSICIAN.

Don't believe me!, ask the woman in the Bible who spent all her \$\$\$ on Dr.s but didn't get healed till she touched Jesus clothes. Amen (Mark 5:25-34)

The truth of the matter is your soul has an appetite (Isaiah 29:8) only Jesus can fill. Smile- I'm lovingly giving you the truth. And we know & have concluded that love is the best medicine ✖ (still smiling)?

JESUS LOVES YOU!!

For those who eat to relieve stress & anxiety... I been there!

You eat & eat till the anxiosness & stress goes away!... You eat & eat till your "full" enuff to not move. Full enuff 2 lay there,numb,till sleep kicks in. Full enuff to focus our thoughts on how good the food taste rather than the stress,anxiety ~~x~~ causing problem at hand! WE just keep suppressing it which isn't a solution-at all.

But Jesus love offers a cure. Smile. The Bible is perfectly clear that WE should be anxious for nothing(Philippians 4:6). That God cares about us - collectively & as individuals & I can give my worries & cares to Him. (1 Peter 5:7 & Psalm 55:22). Yes, I can go to God & say,"So & so really hurt my feelings;"..."God I'm worried about such & such..." Amen

To those who partake in that culture where we eat for a sense of accomplishment! (It's all pyscological). 2 be able to successfully say "I did it!" (I been there ...eating to prove I can out eat you!)...

To those who brag about shutting down buffets! Those who met the challenge "if you can eat all this- it's FREE!!!" ...I tried...& failed! (ask Tammys').

As WE eat to find our identity & find a meal upon which to hang our selfworth,Jesus comes to offer us a worth while fix! Smile.

See brothers & sisters, Jesus would have us find a sense of accomplishment in being His friend & knowing & understanding Him (Jeremiah 9:23,24). Rather then brag about how much we can eat,let us brag about how much we know the God of Heaven & earth! ~~x~~,we can brag about knowing God like those who brag about knowing celebrities...

WE can also seek & find our sense of selfworth in Jesus. Worthy to have your sins forgiven,your mistakes forgiven,& be UNFORGETTABLE !!! God hasn't forgot about you. Smile. Truly you're the apple of His eye & well worth it. His desire is towards you (Song of Solomon 7:10). God has great awesome plans for you (Jeremiah 29:11-13)!! Yes,you are worth it so much so that when you cry out for Gods help- He gives you His undivided attention (Mark 10:46-52)! Lastly God says you're worth so much that He created Heaven for you, even before He made the world (Matthew 25:34). Smile. Blush. Get googly eyed. God says you are special. Amen. (I can feel you feeling better already... Ahhh the joy of comfort)!!

To those who eat cause they bored!,who turn on the t.v. first. US liking a show or loving it becomes all the reason we need to celebrate;to snack on something! (Though we was gone find any reason to eat).

Truly we immersed in the culture that says- I can only effectively watch (& successfully enjoy) entertainment-with food along side me. .. My team lost the Superbowl but the pizza was delicious. Got some more?

Jesus wants you to come ~~from~~ out from under that aspect of comfort eating. Don't be board! God has a work for you to do (Isaiah 49:4). Don't worry,it's gone be fun & exciting!! He's built you specifically for it. Smile. That's why you love to do it!! In the depths of your heart you want to help people-so have at it. Be a Big brother/sister,mentor youth,be a shoulder to lean on,visit a nursing home,be compassionate,etc... follow your

heart & comfort yourself by comforting others. Amen. That's what the community - LOVE YOUR NEIGHBOR AS YOURSELF - thing is about.

Calling those who over/under eat in response to grief & depression. I been there-specially when I first came to prison. You cope by rejecting "chow" (this ain't Mc Donalds!) which keeps you in the delusions of grandeur- "Yeah I'm not doing 75 years in prison!!!" (Good luck with that)!
Calling Dr. Jesus!

He humbly recommends 2 doses of Hope- Psalm 42:11 & 43:5!! Praise God. Jesus is so against depression, so much so He said it shall be banished away (Isaiah 35:10). Wasn't no depression, sadness, etc in the Garden of Eden & there won't be any in Heaven - either Revelation 21:4.

Attention! To those whose eating habits stem from the brokenness & heartache that comes from being lonely, who are using food to replace a much needed, deep seated yearning for a relationship... Yes I know "zoo zoos & wham whams" (snacks) are quite delicious! I know that your favorite meal, (whose replacing "that one friend" who shall remain nameless!) never stabbed you in the back; never disappointed you; never gossiped about you.... I've been there, a friend told on me & left me bitter against LOYALTY...but but "chow" can hurt your feelings (like how I'm sposed to eat this)! Still I fed, I mean feel your pain as you get the munchies to quench your thirst for LOVE. Fast food never cheated on you! Even though McDonalds has served over a billion "he" was loyal to each & everyone of 'em. "He" never talked about you, after that one night; "he" never left you for your friend, or sister! "He" never broke up with you via e-mail, Facebook, Twitter, etc... "He's" always been there when you needed "him" most when you needed someone to talk to, who wouldn't judge you, & allowed you to be yourself! "He's" always been there with a SUPERSIZED shoulder to lean on!!!!!! I'm LOVING IT!!

Yes, I can relate to that too (Don't let my 150 lb frame fool you) & (please don't curse me for my thyroid/metabolism) I've used eating as a means to escape the loneliness of prison! Many desserts & canteen items have become my "LOVE LETTERS" They always spoke pleasantries & whispered "sweet nothings" in my ear. With them I felt; NEEDED: APPRECIATED: VALIDATED: WORTHWHILE: HAPPY. Thanks Doritos, Little Debbie, Old Dutch & the rest. Your comforting companionship means alot!

Praise God, Dr. Jesus offers the bestest treatment for our being an island. Amen. WE begin to get well as we allow Jesus to be that FRIEND that sticks closer than a brother/sister. Some kind of closeness when you lay down your life for someone. By lay down your life I mean Jesus died for you. John 3:16; 15:13 Zechariah 13:6. Amen. That's LOVE! And no friend of mine will even do 1 second of 'this time' for me. "No man cares for my soul." Get it? That's why Jesus died & rose again. Smile. To show me. To show you. To show us. That He LOVES us unconditionally with an undying LOVE. Remember GOD CAN'T DIE, so HIS LOVE CAN'T!!! & WE KNOW GOD IS LOVE!

He lovingly chose you (John 15:16). to LOVE on with an everlasting LOVE! Yes, He strongly & passionately desires to be in a relationship with you. Amen. YOU are the reason "JESUS WEPT" You are the reason He sweated great drops of blood. Your puzzled

heart is the reason He came TO HEAL THE BROKEN HEARTED. You're being a slave to food is the reason He came; TO SET THE CAPTIVES FREE.

WE need to LOVE on Jesus. Smile. "NO MAN/WOMAN CAN COMPLETE US. NO AMOUNT OF \$\$\$\$ OR STUFF CAN COMPLETE US. NO CONSUMPTION OF CALORIES CAN COMPLETELY COMPLETE US. WE CAN ONLY BE COMPLETE IN JESUS Colossians 2:10 YOU ARE COMPLETE IN HIM.

God said. "It's not good for man (kind) to be alone." So naturally we gravitate towards relationships, with others. Still "NO MAN CARES FOR MY SOUL."

So sometimes I'm lonlier in a relationship then I am by myself! (How does that work)!!

My lovers & friends stand back-Psalm 38:11

People leave- Psalm 69:20

Leave you hanging! Ask Jesus... John 16:32

Parents aren't always there-Psalm 27:10. Nor family - Psalm 69:8.

But then there's ever faithful Jesus, who is the ultimate cure for our loneliness. He says He will NEVER leave us nor forsake us. Seeing He can't lie & the Bible tells us He's alive for ever more (Revelation 1:18) we do well to believe Him & hold Him to His word. "JESUS CHRIST, THE SAME YESTERDAY TODAY & FOREVER."

Hey now the prayer

God we come before you in need of a spiritual gastric bypass. Jesus we need you to touch our stomachs as well as our heart & soul. We have a tendency to overeat, which you don't approve of! Proverbs 25:16 tells us to eat just enuff unless we be full to the gills & throw up!

Well Jesus sometimes we don't "feel" full. Sorry. We need you to help. Help by blessing the eating of the food, so that our bellys are content; at peace. Lil is much "if" You are in it. Amen. Israel ate 2 meals a day in the wilderness & were full, do the same for us. Amen. Fill us with your presence.

Jesus we know we don't live by bread alone, but by the words that you have spoken to us. Amen. We know & believe that a relationship with You is more necessary then our 3 plus meals a day! Bread may fill us up but we know that YOU ARE THE BREAD OF LIFE. That "if" we whole heartedly come to You then we shall NEVER HUNGER. God give us through Your divine mercy-grace-& goodness, our daily bread-SPIRITUALLY. Amen.

God we can't beat this comfort eating thing without you. Our spirits are wounded. We attempt to mend it with sweet delights. We try to numb our feelings but it doesn't work, we still remain even more saddened... We know this... Our will power needs You to strengthen it, cause without You we can do nothing! But WE CAN DO ALL THINGS THROUGH CHRIST WHO STRENGTHENS US! AMEN! God help us. Help us to be in tune with our feelings & emotions. To acknowledge that we are still human (no matter what happened to us or what we've done to others). After that acknowledgement help us to be strong enuff to give our feelings, emotions & anxieties to You, Heavenly Father Amen. We tired of finding false relaxation in food. We know we can come to You & lay this burden down & find true spiritual rest for our souls.

Father full us with all your fullness. May Love for Jesus be our chief motivation. Lord please send God fearing friends & family, associates into our lives God may we be comforted by

You-not food. In Jesus name, we pray Amen.