

The main points and benefits of **The Lord's Table**:

- ☉ Repenting of the sin of overeating
- ☉ Learning to feast on Christ through reading His Word with an open heart
- ☉ A Bible study and teaching course
- ☉ An eating calendar to foster self-discipline and stop indulging the flesh
- ☉ Physical exercise to overcome the sin of laziness
- ☉ Daily accountability
- ☉ *Soul Feast* a weekly online newsletter

There is good news for us who have sinful eating habits. We now discover an amazing truth that, if employed in our lives, will forever break the bondage to overeating:

When we feed on Christ we are full and satisfied, and we have everlasting life!

This feeding on Him fills our hearts and souls and takes away the need to overeat food to fill the void or satisfy the heart. Do you see it? It is simple, yet profound. This truth has the power to completely change our lives, and we will learn how to feed on Him through the rest of this course.

Join us at **The Lord's Table**, today!

Online Resource:

Soul Feast Newsletter

<http://www.settingcaptivesfree.com/mailman/listinfo/soulfeast>



Setting Captives Free exists to offer Christ-centered Hope and Freedom to those in the grip of sin through accountability to Bible-based Truth resulting in the true enjoyment of Life in and for the Glory of God.



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www.SettingCaptivesFree.com



Join us at: **The Lord's Table**

When: Dates

Day of the Week

Where: Your Church

Your church address

The Lord's Table is not behavior modification with prayer assistance. It is not a program that focuses on dieting or food or pills. It is about setting forth Christ as the soul's satisfaction, repenting from sinful habits of overeating and maintaining accountability. This results in developing new habits of eating in a disciplined manner, which produces weight loss and long-term lifestyle changes.

Fitness & Faith Aerobics

Time: 6:15—6:50 p.m.

Fitness & Faith is a low-impact aerobics class, which is optional. Participants should wear aerobic shoes and comfortable clothes and bring a water bottle.

The Lord's Table Bible Study ~

Time: 7:00 to 8:15

This is an intensive 13-week bible study for ladies, which is more than just a support group. Each student will be required to do a personal study of five lessons per week.

Cost: The cost of this 13-week course is (amount), which includes the course manual called *"The Lord's Table--A Biblical Approach to Weight Management"* by Setting Captives Free Founder and President, Mike Cleveland, all registration fees, and the optional aerobics class. A voluntary "love offering" will be received at the end of each weekly meeting, which will go to the group facilitators.

Study materials will be available at the first meeting.

A full soul doesn't turn to food to fill an empty heart.

The Lord's Table manual is designed for daily study and includes biblical teaching, questions, and testimonies and it makes up the syllabus for the meetings. This local accountability group also encourages daily accountability with a partner (spouse, pastor, friend, etc.) and will arrange to provide partners with the others who are attending. Make sure to bring your Bible.

This course will teach you to enjoy a newfound relationship with the Lord and how to find freedom from bad eating habits.

Please register with your name, address, phone number, email address, number of people attending, and whether you will attend the aerobics class or not, by using any of the following methods:

For Information ~ Email:

lordstable@settingcaptivesfree.com

"I've lost 130 pounds through the biblical teaching and accountability I've received at The Lord's Table, and have gained a new relationship with the Lord." Lois Miles.

*"Even though I accepted Christ as my Savior when I was 12 years old, overeating was an area of my life I just couldn't seem to surrender to the Lord. Food was always my answer when I needed numbing from stress, needed comfort and acceptance, or when I was lonely or wanted to celebrate. Most of my adult life, I weighed over 300 lbs. with my top weight being 340 lbs. in 1996. When I finally reached the end of myself, the Lord led me to **The Lord's Table**. I've lost 125 pounds through the biblical teaching and accountability I've received at The Lord's Table, and have gained a new relationship with the Lord." Lois Miles.*

Physical Hunger

The body is designed to alert us when hungry. It is equipped with an internal "pager" that alerts the brain when it requires nourishment. Quite simply, hunger pangs are the body's signal that it needs food. These "rumblings" in the stomach indicate a physiological condition called "hunger" and generally, if there are no rumblings there is no need for food.

Soul Hunger

Here we have reached the "heart" of the matter. We do not habitually overeat because of some genetic predisposition, boredom, to be social, or because the food tastes so good. One of the main reasons we overeat is because internally we feel empty, we lack heart-satisfaction and we are attempting to nourish our souls by feeding our bodies.