

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!*

RESOURCES:

The Lord's Table Discussion Group

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

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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You have arrived at **The Lords Table**, the 60-Day course that will teach you to enjoy a newfound relationship with the Lord and how to find freedom from bad eating habits.

Will you be one of them?

*"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 over 140 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.*

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We hope this course will be a blessing to you too, not only in helping you gain control of eating habits that may have been established over many years, but also to help you learn how to truly enjoy the Lord and "feed" on Him.

This course is not just a diet, and it is probably unlike any other course or support group you may have encountered in the past. The Lord's Table places a radical emphasis on satisfying our souls in Christ, Who is indeed **The Lord's Table**, and also on the need to repent of overeating and/or any other sinful eating habit. The emphasis is not on losing weight, but rather on consuming Christ and developing biblical discipline in the area of eating.

Along the lines of satisfying our hearts in Jesus Christ, we recommend an excellent book by John Piper called "**A Hunger For God--Desiring God Through Fasting and Prayer**" which you may want to purchase as a companion study to this course. You may do so by calling Desiring God Ministries at 1-888-346-4700 or by going to their website at Desiring God Ministries <http://www.desiringgod.org/>

Right from the start, we must understand the following foundational truth or we will not be successful in the implementation of our plan to change our eating habits. The truth is that in order to be successful in carrying out a battle plan against overeating, our motives must be right. And what is the "proper motive" you ask? The proper biblical motive for losing weight must be the glory of God.

"So, whether you eat or drink, or whatever you do, do all to the glory of God." (1 Corinthians 10:31).

Most dieters have their own glory as the motive for losing weight; they want to slim down in order to fit in that outfit, or to look good at their class reunion; or they lose weight so that people will comment on how good they look, or maybe just to feel better about themselves. This, in reality, is self-worship, which should have no place in the heart of the Christian who professes to worship God.

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.

So why do we eat if we are not hungry?

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.

So where can we find internal fullness, satisfaction for the heart, and nourishment for our souls? We need more than "chicken soup for the soul," we need real, lasting and settled satisfaction and fullness.

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.

One course member wrote, "*I have been reminded that I can't just cut back on food but must actively find my satisfaction in Christ. The difference between **The Lord's Table** and other 'Christian' diet programs I've tried is that even if they say they focus on trusting Christ for strength, they don't teach learning to drink from Christ. They don't get to the root problem, which is finding our satisfaction outside of Christ.*"

Overeating is easy to define but hard to stop. Overeating is eating more than the body requires for sustenance. Food is not designed to meet any of the needs of the soul; it is designed to fuel the body. So the first step is to learn how to feed on Christ as the true "Bread of Life."

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

