

Next, let us listen to Karen, who co-facilitated the small groups for women in Medina, Ohio:

*My journey to freedom from overeating began when I enrolled in The Lord's Table course in 2002. By applying the biblical truths in each lesson, I learned how to find everything I need in Christ, rather than in the kitchen. What a delightful change this has made in my heart and life! The 40 pounds of extra weight I was carrying is gone. Because The Lord's Table is not a diet, but a permanent lifestyle change.. By God's grace, my weight continues to remain at a healthy level. I rejoice that 'If therefore the Son shall make you free, you shall be free indeed.'" John 8:37.*

Finally, let us hear from Mary:

*"Almost a year ago I was 427 lbs. of depression and physical problems. It took a near-death experience while recovering from a knee replacement to wake me up. I cried out to the Lord about my weight and He led me to The Lord's Table. Through the study, the Lord revealed my sin to me and my need for repentance. The Lord's Table course taught me how to focus on the Lord, not food, for comfort and satisfaction. Today I am 110 pounds lighter, by the grace of God. The Lord's Table has taught me that only Jesus can satisfy the hungry heart. The weight loss was only an added bonus to the changes the Lord made in my*

*heart. I can't praise and thank Him enough for The Lord's Table!"--Mary*

Soul Feast Newsletter

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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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## Testimonies

**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, if needed, and long-term lifestyle changes.

**The Lord's Table** Bible study has been available on the Internet at Setting Captives Free since January of 2002, and many people have testified not only to a *significant amount of weight loss*, but also to a *significant gain in intimacy with Jesus Christ*.

Lois has one such testimony:

*"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, comfort and*

acceptance, or when I was lonely or wanted to celebrate. To my shame, food was my master. Most of my adult life, I weighed over 300 pounds, with my top weight being 340 pounds. I tried many diets, including some Christian programs, but was never able keep the weight off or to maintain any kind of control over what I ate.

"When I finally reached the end of myself, the Lord led me to **The Lord's Table**. The Lord granted me true repentance and began to show me daily how to hunger and thirst for Him in a deeper way than I had ever experienced. He began to show me how He could meet every need of my heart. A really strange thing happened - my desire to overeat began to fade, I was able to drive down 'fast food' alley without feeling any pull toward it, and I noticed my body began to act as it should, indicating when I was full. Food was no longer my master, but the Lord Jesus Christ was and He had set me free!

"Through His grace, I've lost **125 lbs.** over the past year since taking **The Lord's Table** course and have gained a new, wonderful walk with my Lord.

"If you are tired of fighting the battle with food and desire to find rich fulfillment for your soul through the Lord Jesus, then **The Lord's Table** is the tool that the Lord may use in your life to set you free, too!"--Lois

Janet wrote, "I thought this course was absolutely fantastic. I have taken other biblically-based weight loss programs, which were good, but this was far better.

The reason it was so much better was because it was constantly directing my focus to Jesus, where it must be to be successful, not only for weight loss, but also in growing in my relationship with Him. I really appreciated the excellent biblical counsel and the wonderful teaching. It is easy to use and the daily accountability really helps. I liked being able to do this at home and it has been a great way to start my day. All the teaching was right on target, biblically, and was rock solid, which was very important to me. This study was exactly what I needed to get me back on track in my relationship with the Lord and I thank you so much for the work you are doing. I have no bad comments to make. The only thing that could be slightly improved is to catch some of the spelling errors, but they are few and far between, and of little significance, although near perfection in that area is a good testimony and very professional. Overall, this has been the best and most applicable Bible study I have ever done. Thank you and God bless you and this ministry."--Janet

Janet's comment, that her relationship with the Lord has grown through this study is what we would like each course member to be able to say. You see, **The Lord's Table** is not just about losing weight, it is about feeding at the Lord's table and nourishing our souls in His grace and love. It is about gaining intimacy with Christ by focusing on Him. Janet said **The Lord's Table** "constantly directed my focus to Jesus" and we know that this focused attention upon Christ is where we find success in anything we do.

Next, let's hear from Lisa who wrote this testimony upon completion of the course:

"I have discovered that the world's remedies for my overeating were all wrong. My problem was not that I combined foods in the wrong way, and not even that I ate the wrong kinds of food. The problem was my heart. I used to turn to food for comfort, for stress relief, when I was lonely, bored or tired, but I've discovered that food is not designed for these things. In learning to turn to Jesus in times of need and in discovering how to delight my soul in Him, I've found the true answer to permanent weight loss. Through **The Lord's Table** course, I've gained so much enjoyment and satisfaction in Jesus Christ as I turn away from overeating and turn to the Lord. As it states in the course, 'Times of refreshing' come to those who turn from sin and turn to Christ. I'm right in the midst of those 'times of refreshing' right now. I truly see my weight loss of 34 pounds as a by-product of delighting my soul in Jesus Christ."--Lisa

Yes, it is amazing that we truly slim our bodies by fattening our souls on **Jesus Christ**. He is given to us as the *Bread of Life*, as *Living Water*, and as a *Feast* for our souls.

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