



RENEWING THE TEMPLE

A 30-DAY BIBLE STUDY & DEVOTIONAL
ON OVERCOMING EMOTIONAL EATING

RENEWING THE TEMPLE



Hey there, lovely sisters in Christ! Welcome to Renewing the Temple, where we're diving into a 30-day journey together, exploring how God's Word can help us understand and conquer emotional eating. If you've ever found yourself reaching for food in times of stress, sadness, or even happiness, you're not alone. But here's the beautiful part: we have a God who cares deeply about every aspect of our lives, including our relationship with food and our bodies.

Let's start with a prayer:

Dear Heavenly Father,

Thank You for bringing us together for this journey. We acknowledge Your sovereignty over our lives, including our struggles with emotional eating. As we embark on these 30 days of seeking Your wisdom and truth, we invite Your Holy Spirit to guide us, transform us, and renew our minds. Help us to see ourselves and our bodies through Your eyes, and give us the strength to overcome every obstacle in our path.

In Jesus' name, Amen.



Now, before we dive into the daily readings and reflections, I want to share with you three powerful affirmations based on Scripture:

- "I am fearfully and wonderfully made." (Psalm 139:14) - Say this to remind yourself of the incredible value and beauty that God has placed within you.
- "I can do all things through Christ who strengthens me." (Philippians 4:13) - Repeat this affirmation whenever you face challenges or temptations, knowing that God's strength is within you.
- "Death and life are in the power of the tongue." (Proverbs 18:21) - Remember the power of your words to speak life, healing, and victory over your circumstances, including your relationship with food and emotions.

Disclaimer: This book is not intended to provide medical advice or to replace professional guidance. While the content within these pages draws from biblical principles and personal experiences, it is not a substitute for working with a licensed healthcare or mental health professional. If you have concerns about your physical or emotional health, please seek guidance from a qualified professional.

RENEWING THE TEMPLE



You might be wondering: why are spoken words so significant? Well, let's take a look at what the Bible says about the power of our tongues.

In Genesis, we see that God spoke creation into existence. He simply said, "Let there be light," and there was light (Genesis 1:3). Our words have creative power because we are made in the image of God, and just as He spoke life into existence, our words have the ability to shape our reality. Proverbs 18:21 reminds us that our tongues have the power to bring either life or death. When we speak words of faith, hope, and truth, we are aligning ourselves with God's purposes and inviting His blessings into our lives. Conversely, when we speak words of doubt, fear, and negativity, we give power to the enemy to bring destruction and despair.

So, as we journey through these 30 days together, let's be intentional about speaking words of life and truth over ourselves. Let's declare God's promises, affirm our identity in Christ, and speak victory over every struggle we face. Together, let's experience the transformative power of spoken words as we renew our minds and hearts according to God's Word.

RENEWING THE TEMPLE



Day 1: Acknowledging the Issue Scripture: Psalm 139:14

Question: How does recognizing your body as fearfully and wonderfully made by God impact your view of yourself and your relationship with food?

Tip: Start a gratitude journal. Each morning, write down three things you're thankful for about your body. This practice will help cultivate a positive mindset and appreciation for the way God has fearfully and wonderfully made you.



Day 2: Identifying Triggers

Scripture: Proverbs 4:23

Question: What are some triggers or emotions that often lead you to emotional eating?

Tip: Create a "trigger tracker." Keep a small notebook with you throughout the day. Whenever you feel the urge to emotionally eat, jot down the time, your emotions, and any triggers or stressors present. Reviewing this log later can help you identify patterns and common triggers.



Day 5: Nourishing the Spirit Scripture: Matthew 4:4

Question: How does prioritizing spiritual nourishment contribute to overcoming emotional eating?

Tip: Establish a daily quiet time routine. Set aside a specific time each day to spend with God in prayer and Scripture reading. Create a cozy space free from distractions and use this time to nourish your spirit and deepen your relationship with the Lord.



Day 6: Seeking Wisdom Scripture: James 1:5

Question: In what ways can seeking God's wisdom help you make healthier choices regarding food and emotions?

Tip: Keep a wisdom journal. As you encounter challenging situations or decisions throughout the day, write them down along with any insights or guidance you receive from God's Word or the Holy Spirit. Reflect on these entries regularly to gain wisdom and discernment in your daily life.



Day 7: Cultivating Self-Control

Scripture: Galatians 5:22-23

Question: How does the fruit of self-control manifest in your eating habits and emotional responses?

Tip: Practice the "10-minute rule." When faced with a craving or temptation to emotionally eat, commit to waiting at least 10 minutes before giving in. During this time, pray for strength and distraction, engage in a brief activity, or simply breathe deeply. Often, the urge will diminish, and you'll regain control over your choices.



Day 8: Embracing Forgiveness

Scripture: Ephesians 4:31-32

Question: How does holding onto unforgiveness or shame affect your relationship with food and yourself?

Tip: Write a letter of forgiveness to yourself. Reflect on any past mistakes or struggles related to food and body image and extend grace and compassion to yourself. Release any feelings of guilt or shame and affirm you do not need to earn Christ's love. Keep this letter as a reminder of your journey toward healing and self-acceptance.



Renewing the Mind
Scripture: Romans 12:2

Question: How does renewing your mind with God's truth transform your perspective on food and emotions?

Tip: Create Scripture affirmations. Choose a few key verses that speak to your identity, worth, and freedom in Christ. Write them on index cards or sticky notes, and place them in prominent locations where you'll see them daily—such as your bathroom mirror, fridge, or workspace. Repeat these affirmations aloud each morning to renew your mind with God's truth.



Day 10: Finding Contentment
Scripture: Philippians 4:11-12

Question: In what ways can cultivating contentment in Christ diminish the desire for emotional eating?

Tip: Practice a gratitude ritual. At the end of each day, take a few minutes to reflect on the blessings and joys you experienced. Write down three specific things you're grateful for, no matter how small. Cultivating an attitude of gratitude can shift your focus from what you lack to the abundance of God's goodness in your life.



Day 11: Seeking Support
Scripture: Ecclesiastes 4:9-10

Question: How can seeking support from fellow believers or a trusted community help you overcome emotional eating?

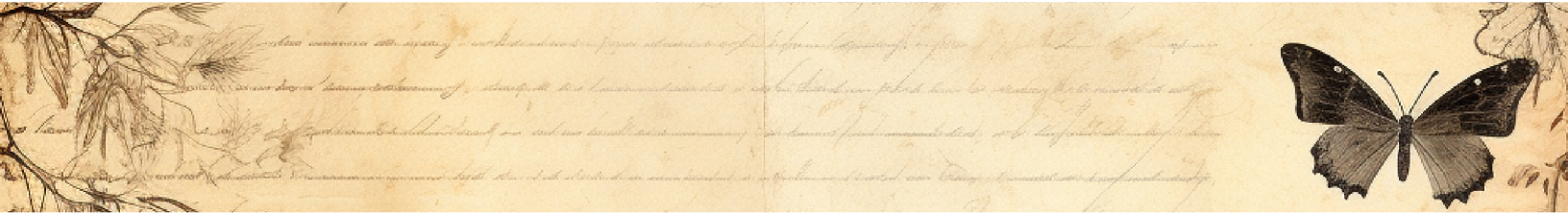
Tip: Reach out to a trusted friend, coach or mentor. Share your struggles with emotional eating and your desire for support and accountability. Establish regular check-ins or prayer times with this person, where you can share victories, challenges, and prayer requests. Having someone to journey alongside you can provide encouragement and strength.

RENEWING THE TEMPLE

Day 12: Resisting Temptation Scripture: 1 Corinthians 10:13

Question: How does knowing that God provides a way out of temptation empower you to resist the urge to emotionally eat?

Tip: Stock your pantry with healthy alternatives. Replace tempting foods with nutritious options that satisfy you without derailing your goals. Keep a variety of the foods you know work best for your body and do not trigger you to overeat. By making healthier choices convenient, you'll be better equipped to resist temptation.





Day 13: Practicing Moderation

Scripture: Proverbs 25:16

Question: In what areas of your life do you struggle with moderation, and how does it affect your eating habits?

Tip: Use portion control aids. Invest in measuring cups, a food scale, or portion control plates to help you visualize and control serving sizes. Eliminate foods that are not healthy for you physically or mentally (some may be ones others consider “healthy”).

RENEWING THE TEMPLE



Day 14: Finding Joy in the Lord
Scripture: Psalm 16:11

Question: How does finding joy and fulfillment in God's presence impact your reliance on food for comfort or satisfaction?

Tip: Each evening, write down three moments or blessings from your day that brought you joy or gratitude. Reflecting on these moments can shift your perspective and cultivate a heart of joy rooted in God's goodness and faithfulness.



Day 15: Overcoming Shame

Scripture: Romans 8:1

Question: How does understanding and embracing God's love and grace help you overcome feelings of shame related to food and body image?

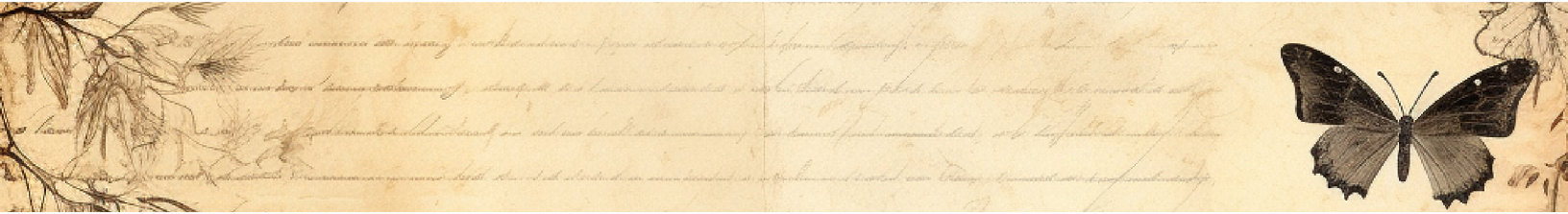
Tip: Practice self-compassion exercises. When feelings of shame arise, counter them with gentle and loving self-talk. Remind yourself of God's love and forgiveness and extend some grace to yourself. Treat yourself with the same kindness and compassion you would offer to a dear friend in need.

RENEWING THE TEMPLE

Day 16: Setting Healthy Boundaries Scripture: 1 Corinthians 6:19-20

Question: In what ways can setting boundaries around food and self-care honor God and prioritize your well-being?

Tip: Create a meal schedule. Plan and prepare meals ahead of time, and establish regular eating times throughout the day. Setting boundaries around when and what you eat can help regulate your hunger cues and prevent impulsive or emotional eating.





Day 17: Seeking Balance
Scripture: Ecclesiastes 3:1

Question: How can seeking balance in all areas of your life, including food and emotions, contribute to your overall well-being?

Tip: Set aside time for physical activity. Incorporate regular exercise into your schedule, aiming for a balance of cardiovascular, strength training, and flexibility exercises. Find activities you enjoy, whether it's walking, cycling, Pilates, or dancing, and make them a priority in your week.



Day 18: Embracing Imperfection
Scripture: 2 Corinthians 12:9

Question: How does embracing your imperfections and weaknesses allow God's strength to be made perfect in you?

Tip: Practice positive affirmations. When negative thoughts arise about your body or eating habits, counter them with affirmations of your inherent worth and beauty as a child of God. Repeat affirmations such as "I am loved," "I am enough," and "I am fearfully and wonderfully made" to reinforce a positive self-image.



Day 19: Renewing Strength
Scripture: Isaiah 40:31

Question: How does waiting on the Lord and renewing your strength empower you to overcome challenges, including emotional eating?

Tip: Practice deep breathing exercises. Deep breathing promotes relaxation, reduces stress levels, and rejuvenates your spirit, helping you to overcome emotional eating with a renewed sense of strength.



Day 20: Practicing Gratitude
Scripture: 1 Thessalonians 5:18

Question: In what ways does practicing gratitude shift your focus from negative emotions to God's goodness and provision?

Tip: Create a gratitude playlist. Compile a list of uplifting songs that remind you of God's faithfulness and blessings in your life. Whenever you're feeling overwhelmed or tempted to emotionally eat, play your gratitude playlist and let the lyrics uplift your spirit. Sing along, dance, or simply soak in the message of gratitude and praise, allowing music to shift your focus from negative emotions to God's goodness and provision.

RENEWING THE TEMPLE



Day 21: Seeking Renewal Scripture: Psalm 51:10

Question: How does prioritizing rest and seeking renewal through adequate sleep impact your ability to overcome emotional eating?

Tip: Establish a bedtime routine. Create a calming ritual before bed, such as reading Scripture, journaling your thoughts and prayers, or practicing relaxation techniques like deep breathing or gentle stretching. Quality sleep is essential for physical, emotional, and spiritual renewal.

RENEWING THE TEMPLE



Day 22: Finding Rest in God Scripture: Matthew 11:28-30

Question: How does finding rest in Jesus alleviate the need for emotional eating as a source of comfort?

Tip: Schedule regular sabbaticals. Set aside designated periods of time—whether it's a day, a weekend, or longer—for intentional rest and renewal in God's presence. During your sabbatical, disconnect from work, technology, and other distractions, and focus on activities that replenish your soul.

RENEWING THE TEMPLE



Question: In what ways does trusting in God's provision for your needs impact your relationship with food and emotional eating?

Tip: Practice the "Five Senses" exercise before meals. Take a moment to engage each of your five senses—sight, smell, taste, touch, and hearing—before you begin eating. Notice the colors and textures of your food, inhale its aroma, savor its taste, feel its temperature and texture in your mouth, and listen to the sounds around you. This simple practice helps you become more present and grateful for the provision of each meal, fostering a deeper connection with God's abundant provision in your life.

Day 23: Trusting in God's Provision
Scripture: Philippians 4:19



Day 24: Embracing Self-Care

Scripture: Psalm 23:2-3

Question: How does the imagery of God as our Shepherd leading us beside still waters and restoring our souls relate to the importance of self-care, including our relationship with food?

Tip: Take some time to brainstorm a list of activities that nourish your body, mind, and soul, and compile them into a personalized self-care menu. Include simple pleasures like taking a hike, spending time in nature, practicing deep breathing exercises, or a hobby you enjoy. When you're feeling stressed or in need of self-care, refer to your menu and choose an activity that resonates with you in that moment.



Day 25: Finding Identity in Christ
Scripture: 2 Corinthians 5:17

Question: How does embracing your identity as a new creation in Christ impact your view of yourself and your relationship with food?

Tip: Spend time in activities that reinforce your identity in Christ and cultivate a sense of purpose and belonging. This could include volunteering, participating in a small group Bible study, or serving others in your community—activities that remind you of your value and significance in God's kingdom.

RENEWING THE TEMPLE



Day 26: Creating Sacred Space Scripture: Galatians 5:1

Question: How does cultivating a peaceful and organized environment free from clutter and distractions align with God's promise of peace and security?

Tip: Declutter your environment. Create a peaceful and organized space free from clutter and distractions, both physically and digitally. A clutter-free environment promotes clarity of mind and helps reduce stress, making it easier to focus on God and resist the temptation to turn to emotional eating.



Day 27: Renewing the Mind Daily

Scripture: Romans 12:2

Question: How can daily renewal of your mind with God's Word transform your thoughts and behaviors related to food and emotions?

Tip: Engage in daily Scripture memorization. Choose a verse or passage from the Bible that speaks to your current struggles or goals and commit it to memory. Write the verse on index cards or sticky notes and place them in prominent locations where you'll see them throughout the day. By actively memorizing and internalizing Scripture, you'll cultivate a resilient and grounded mindset rooted in God's truth.

RENEWING THE TEMPLE



Day 28: Trusting God's Plan

Scripture: Jeremiah 29:11

Question: How does trusting in God's plan for your life provide peace and assurance in the midst of struggles, including emotional eating?

Tip: Release control through prayer. Surrender your worries, fears, and desires to God through prayer, trusting in His sovereign plan and provision for your life. As you relinquish control and place your trust in Him, you'll experience a newfound sense of peace and assurance, knowing that He is faithful to guide and sustain you.



Day 29: Practicing Patience
Scripture: James 5:7-8

Question: How does practicing patience in your journey of overcoming emotional eating strengthen your faith and reliance on God?

Tip: Implement the "Pause and Pray" technique. When faced with a situation that tests your patience, intentionally pause before reacting. Take a deep breath and silently pray for patience, wisdom, and grace. Use this brief moment of pause to collect your thoughts, consider the perspective of others, and respond with kindness and understanding. By incorporating this practice into your daily life, you'll develop greater patience and cultivate a more peaceful and compassionate mindset.



Day 30: Celebrating Victory in Christ
Scripture: 1 Corinthians 15:57

Question: How does celebrating victory in Christ empower you to overcome challenges, including emotional eating, with confidence and joy?

Tip: Create a victory jar. Fill a jar with notes of praise and thanksgiving for the victories and breakthroughs you've experienced on your journey of overcoming emotional eating. Take time to celebrate God's faithfulness and the progress you've made, rejoicing in the freedom and victory you have in Christ.

RENEWING THE TEMPLE



Beautiful Sisters,

Can you believe we've come to the end of our 30-day journey in *Renewing the Temple*?

I'm truly grateful for each of you, for your openness, your courage, and your commitment throughout this adventure. We've explored the depths of God's Word together, diving into the intersection of faith, emotions, and our relationship with food.

As we wrap up, let's hold onto the truths we've uncovered and the wisdom we've gained. Remember, you are fearfully and wonderfully made, cherished by our Heavenly Father. Let's keep speaking life, healing, and victory over ourselves and our circumstances. And let's continue nurturing gratitude, trust, and self-care as essential parts of our journey toward wellness in Christ.

While our official 30 days may be over, our journey to freedom and abundance never ends. Let's keep pushing forward with courage, knowing that God is faithful to complete the work He began in us.

May the seeds planted during this time flourish within you, bringing forth abundant fruit as you walk in the fullness of God's purpose for your life.

Thank you for letting me be a part of this journey with you. It's been incredible. Here's to you, to us, and to the beautiful journey ahead.

With all my love,
Tiffany

