

Why I Don't Want to Lose Weight

I'm a list maker. Before I began my weight loss journey I wrote a list of things I wanted to see changed about myself. Things that at the time seemed like far-fetched dream.

Since losing over 250 pounds, I've realized every one of those dreams and added more. Something happened when I wrote down my dreams and then spoke them outloud. I began to believe them and pretty soon I began to see them happen.

I ran across that list recently and decided to change it to the things I CAN do now rather than I want to do some day. As any good list maker knows, the best thing is to be able to check off things on your list.

I'm happy to say I checked off all the things on my list and added some I never even dreamed would EVER be possible in a million years. They mount up to 101 things. A few of them are:

1. Fit in booth
2. Fit beneath the steering wheel of the van.
3. Buckle the seatbelt
4. Fit in chairs with arms on them.
5. Exercise without getting tired
6. Walk across a narrow bridge
7. Fit in size medium
8. Wear a size 12 jeans
9. Run for an hour in water
10. Be emotionally connected with my husband
11. Love my husband with no holds barred
12. Speak kindly about myself
13. Accept compliments
14. Sleep on my side

15. Feel my waist
16. Feel compassion
17. Love more deeply
18. Love all out

Now, I've started a new list called things I want to do when I get really skinny. That dream has never ever been on my mind. As a matter of fact, God recently showed me how the antithesis of our dream list can be as important as the dream list.

My Dream List was Why I Want to Lose Weight. God asked me, "But tell me Why Don't You Want to Lose Weight?"

My conversation with Him went something like this: "But I've lost weight."

He said, "Not all I've shown you that you will."

I had to agree that I have at least 30 more pounds to lose. So I began the list—Why I Don't Want to Lose Weight. I focused on how I felt prior to going on this major journey.

It's too hard

I don't want to give up my favorite foods

I won't have the resolve in social situations

I'll just lose it and then gain it back again

I don't want to yo-yo back and forth in my weight

I just like food too much

I need my comforts to stay sane

I've already got clothes in this size

I need to assuage unchristian emotions with food because I don't know how else to do it

It takes too much time to cook healthy

I don't want to be skinny, I just want to be normal

With that statement, I had my own attention. It really hit home when I wrote, "I don't want to be skinny."

God said, "Wait rewind. Why don't you want to be skinny? What will happen when you consider yourself skinny?"

So I asked Him to show me when I first decided I didn't want to be skinny. I was in high school in the late 60s during the beginning of the sexual revolution. Getting pregnant before marriage was taboo. So was inter-racial dating.

There was a really nice girl, cute, thin, good-looking girl in my Geology class. I'll call her Claire because I don't remember her name. She was not popular but was very pretty and skinny with long blonde hair. She sat by me and since the class was pretty much a farce as we didn't do a lot, we had a lot of time to talk.

She kept telling me about her boyfriend, Rodney, who was popular black football player and he was a Christian as she was, and her parents wouldn't let them date because of the interracial situation. They were adamantly against it. She was rebelling big time against the rigid but righteous rules of her parents.

I listened trying to get in a good word for saving yourself for marriage, but Claire felt there was no chance for her and Rodney to ever get married. So they were just sneaking around and doing whatever came naturally to those in the 60s. I prayed because I was really was concerned for her. She was so in love with him, but I had no idea where he stood with her. She talked often about how nice he was to her and how he loved her and she loved being with him. It was easy to fantasize with her about her ideal romance

One day when I came into class, she whispered to me that

she was pregnant. My heart sank because this was so taboo back then. She was deathly afraid her parents would send her away if they found out. It sank further when she said that she and Rodney were going to elope and get married. The next weekend was Easter. They were both seniors. Their plans were to stay until the end of the year, make sure they were getting diplomas and leave before graduation. She would never see her parents again she said. It would be fine because she would have Rodney.

She invited me to an Easter play that weekend at the Episcopalian church. Rodney played Jesus and she was Mary, one of the followers. I went. I watched the play, but I remember crying all the way through it. It did not escape me that the black Jesus got one of His pretty followers pregnant.

I felt it as I was remembering this story.

After the Easter break I wanted to talk more with Claire, to help her in any way I could if it was only to listen, but she never returned to class. Rodney though was extremely visible and as popular as ever. And at the senior honors assembly the announcement was made of his full ride football scholarship to a great university.

Everyone clapped except me.

I had not thought of this in years. But it came to mind when God asked why don't you want to be skinny? What when you consider yourself skinny?

I realized that Claire's situation made me think that if I was skinny and pretty and looked good I would not be a good Christian.

So I began to forgive Claire. It didn't work like other inner

healing processes. And then I realized why. It wasn't Claire I needed to forgive. It was my father, my loving Daddy whom I idolized as one of the greatest Christian men I have ever known. I tell you this so you know that it is not what our parents teach us that is the problem. It is how we take that teaching and internalize it. So my Dad did nothing wrong. But clearly I remember him telling me good Christian girls didn't wear makeup, jewelry, wear shorts or low cut blouses. They did not try to flaunt themselves in front of men.

All the girls I knew who looked really good were thin and I wasn't. So I began to associate being thin and pretty as just one more thing that loose immoral women did. I didn't want to "look too good". I just wanted to look normal. This entire feeling came from my dad who was just trying to protect my reputation.

Still I knew what I needed to do to get through this. I forgave my dad for make me feel that being pretty, thin and look good as a woman was sinful and that if I got in trouble it would be my own fault and he might even help me. That was the fear I had. I renounced the lie that Father God felt women being pretty, thin or looking good was sinful and that if I got into trouble He would not protect me. Then I asked Him, what is your truth?

He said, "I and I alone am your protector. You are my beautiful, beloved daughter. I created you to be beautiful, but it comes first from the inside and then moves to the outside. Your beauty comes when you totally trust me to take care of you in every situation.

And then He personalized Psalm 91:1-16 for me.

“When you dwell in My shelter you will rest My shadow. I am your refuge and fortress. I am the one you must trust. I cover you with My feathers and under My wings will you find refuge. My faithfulness will be your shield. You will not fear the terror of night, nor the arrow that flies by day, nor the pestilence that stalks in the darkness, nor the plague that destroys at midday. A thousand may fall at your side, ten thousand at your right hand, but it will not come near you...For I will command My angels concerning you, to guard you in all your ways. Because you love Me, I will rescue you. I will protect you, for you acknowledge my name. You will call upon me, and I will answer you. I will be with you in trouble. I will deliver you and honor you.”

I wasn't looking for a big truth in all of this. I'm not sure what I was after actually. But God slipped it in anyway.

When we are afraid of a process that is meant to help us, we need to allow God to show us where that fear resides and why it is there. This process of weight loss is meant to help us. When we are rebelling against it and giving the push back, we are afraid of it. Fear and rebellion goes together.

The core root of this was I wanted to be a good Christian. For a lot of my life, my parents were trying to protect me from being wayward. They did a good job of it, but some of it came from instilling fear of what it means to wear the name “Christian woman.”

I know several have expressed this some of this similar feeling of getting to a point on your weight loss journey and feeling stuck like you cannot go forward.

Examine what wall you are hitting. I hit a wall of fear that my dad had that I would be promiscuous. Back in his

growing up days in the 50s this was an even bigger deal than it was in the late 60s.

It might be a wall of fear that you will lose weight and then gain it back looking like an even bigger failure to your family and friends. Examine why that fear is there and where it started. It might be from ridicule or failure or a drive that you have to be perfect in every way or you shouldn't even try. Where does that come from?

It might be a fear of being center stage when all you want is to be left alone. That fear might stem from being made fun of as a child by other children, siblings or peers. This will find its roots in how we trust or don't trust Jesus since our peers are the ones who walk this journey with us, just as Jesus walked this earth with us.

The big deal about fear is that it will do one of two things with it. It will make us rebel, like it did my friend Claire, or it will make us cower and hide and worry. Either response has led us to not trust God and to instead trust food to help us cope with life.

God tells us the correct response to fear in Psalm 56:3—
“When I am afraid I will put my trust in You.”

We have to understand that fear can lead to rebellion, which is essentially not following God. We prefer to walk by sight or our senses, rather than faith. Things we can see, touch, taste, smell, hear.

Rebellion is as the sin of witchcraft scriptures us. Why? Because we are rebelling against the authority in our lives who is God. Each day we make a choice as to who is on the throne of our lives. If it's not God, if we have rebelled against him by not following what he has told us to do, even

if it is something simple like what we are eating. We are still rebelling and not doing what He told us to do because we can't see what's up ahead and have no faith. Who are we following then? We are following the evil one.

We have ceased to trust God. We don't really trust the devil either, so we choose to trust only ourselves and what we want. Which, my friends, is the same as following the evil one. It's just his very thinly veiled disguise. And He laughs at us as we are either in overt rebellion or cowering in fear too afraid to do what God is leading us to do. It all started in fear.

This is why God loves to use the phrase FEAR NOT! God promises to protect us when we stand strong and don't give into fear.

Isaiah 43:1—"But now, this is what the Lord says...Fear not, for I have redeemed you; I have summoned you by name; you are mine."

Joshua 1:9—"Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go."

Psalms 23:4—"Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me."

Psalms 27:1—"The Lord is my light and my salvation—whom shall I fear? The Lord is the stronghold of my life—of whom shall I be afraid?"

Isaiah 41:13-14—"For I am the Lord, your God, who takes hold of your right hand and says to you, Do not fear; I will

help you. Do not be afraid, for I myself will help you,' declares the Lord, your Redeemer, the Holy One of Israel."

One of the most popular scriptures on fear is one of the most informative about what to do if we feel we are being attacked by a spirit of fear. First and foremost we have to realize the fear did not come from God even though it might be God that we are afraid of.

2 Timothy 1:7 NIV— "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

God has given us three gifts to defeat fear, which is false evidence appearing real. Of course to appear real its always based in some half truths. We just have to use what God has given us to understand what those are.

Listen to how the AMP puts it.

2 Timothy 1:7 AMP—"For God did not give us a spirit of timidity or cowardice or fear, but He has given us a spirit of power and of love and of sound judgment and personal discipline, abilities that result in a calm, well-balanced mind and self-control."

What the evil one does is activate fear to activate our fight or flight syndrome. That is what kicks in when we are confronted with danger. It sends all of the blood rushing to our limbs to get us out of danger like being eaten alive by a lion. In that situation the body says, "Don't think. Just run!"

So we react. We do something we have vowed we won't do. We're afraid of being too pretty so we eat out of fear. God's answer is to stop, breathe in and breathe out, maintain a sense of calm, think with the sound judgment God has given

us. Balance our thoughts, use good judgment, be self-controlled activating the personal disciplines we have been learning. We do all of this out of love for God and in the power of His Holy Spirit.

Action Steps: Make a List of Why You Don't Want to Lose Weight. You might want to start with thinking about what the list would have said before you began this journey. If there is any that seems out of place or you don't understand ask God what it means. When was the first time you began to think this way. Ask Him to lead you on a deeper journey of discovery. If you haven't already write a list of why you want to lose weight.