



This is the *Health Matters* podcast.

The Lies That Make You Eat with Barb Raveling

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about how to renew our minds so we can lose weight AND keep it off. We'll also discuss the importance of boundaries and talk about specific lies that make us overeat and the truth that will set us free from the control of food.



My guest this week is Barb Raveling. Barb has authored three books on weight loss, including *Taste for Truth: A 30 Day Weight Loss Bible study*, *Freedom from Emotional Eating*, and *I Deserve a Donut (And Other Lies That Make You Eat)*. Barb blogs about breaking free from strongholds and growing closer to God through the renewing of the mind at barbraveling.com and has recently begun a podcast on the same subject. Barb and her husband have been married for 32 years and have 4 adult children. Welcome Barb.

Barb

Well, happy to be here.

Kimberley

Happy to have you. So tell me, what's the name of your podcast?

Barb

The podcast is The Christian Habits podcast.

Kimberley

The Christian Habits podcast. Where can we listen to that?

Barb

You can access it through my blog, it's on iTunes and it's also on Stitcher. There's a link to it at my blog.

Kimberley

Great. Okay, now your website, is it the same as your blog at barbraveling.com?

Barb

That's right.

Kimberley

Okay, so Christian Habits, that's definitely something to check out. I have an android phone and I check things out on Stitcher so I'm glad to know you're on Stitcher as well.

In your books you talk about boundaries. What are boundaries and why are they important?

Barb

Boundaries are just limits that we have in place. Volunteering limits that we put in place that determine how much we can eat, maybe when we can eat. What we really like to do is eat whatever we want whenever we want but when we do that we'll have a hard time ever losing weight or maintaining weight. If we want to live with freedom in that area of our lives we have to eat with some sort of boundaries.

Kimberley

I definitely struggle with that. I do love to eat. I just had a reunion with my girlfriends from university and my one girlfriend made a lasagna. No word of a lie, we weighed it, and it weighed 13 pounds.

Barb

That sounds like a good lasagna.

Kimberley

It was fantastically delicious. You also talk about the renewing of the mind and this is especially of interest to me because I've tried a lot of different weight loss techniques over the years and this is something that is of interest to me. What is the renewing of the mind and how does it help with weight loss?

Barb

The renewing of the mind Paul talks about it in Romans 12:2 where it says, "Do not be conformed to the world but be transformed by the renewing of the mind." And he doesn't say, be transformed by finding the perfect diet that'll help us lose weight and keep it off. Or he doesn't say be transformed by

exercising like crazy. He says be transformed by the renewing of the mind. We still do those things, we still have some sort of weight loss program or maintenance boundaries and it's good to exercise, but the truth is unless we change the way we think about food we'll never be able to lose that weight and keep it off. It's just as important to work on our thinking as it is to work on our physical exercise and eating right.

Kimberley

Can you give us a specific example of how we would go about renewing our mind?

Barb

Okay, well the renewing of the mind is taking off and putting on. Paul says it's not the old self putting on the new self. And we also take off all those lies we put on about food and put on the truths. We take off our cultural perspective of looking at life and put on our biblical perspective of looking at life.

How to do it on a practical level? Let's say I'm just going about my business and I'm trying to follow my weight loss boundaries (I may be doing calories or points or maybe I'm a hungry-full person or maybe I only eat when I'm hungry or maybe I'm low carb) and I'm going about my business trying to follow my plan and then all of a sudden I walk by my kitchen counter and I see that 9x13 pan of lemon bars, just sitting there waiting to be eaten. It doesn't fit into my boundaries but I just really really want those lemon bars. So I would have to renew my mind. Well, I have two choices: either I could try and say no to the lemon bars with self-control or I renew my mind, change what I think of those lemon bars so I don't even want to eat them.

For anybody that's struggled with weight, myself included, we don't have a lot of self-control in that area of our life so we can muster up self-control at times, maybe even for a few months to lose some weight. But if we haven't changed our mind of what we think about it we'll gain the weight back as soon as we've lost it. So what I would do if I wanted that lemon bar I could meditate on some scripture maybe, I could meditate on some scripture that talks about discipline or eating. I have quite a few Bible verses in my "I Deserve a Donut" book that you can use for scripture meditation. Or I could have a conversational thought. I have lots of questions in my books that you can use to have conversations with God about temptations depending on what lies we're believing. There are a number of different ways to renew your mind. Whatever works to help change our perspective about food in that moment.

Kimberley

What are some of the lies that make us overeat?

Barb

A lie I might believe with the lemon bars may be that if it's good and available then I should eat it. Or I might say, "It's just one bite" and maybe I'll plan to just eat one little bite of that lemon bar. But we all know what happens when we eat just one little bite. We want more and more bites right? Or we've all laughed over the "I need chocolate". That would actually be a lie that we need chocolate. Or we might

say, “I deserve this”. You know my day’s been so bad that I deserve this. Or we may be thinking, “It’s a holiday, I deserve this treat.” So there are all kinds of different lies that make us want to eat. In my “I Deserve a Donut” book I have about 20 lies. For each lie that we believe I have Bible verses and some questions to either journal about or have a conversation with God.

Kimberley

I also understand you have an app.

Barb

Yes, I have both an android and an iPhone app. The app is basically the same as the book, at least the android app is exactly like the book. The iPhone app is a little bit different, it has different foundational material. I don’t know how much of that you can read on Amazon for free but you might be able to read a lot of it. The iPhone app is what I made first before I ever wrote the book and I haven’t ever updated it. It does have all the questions and Bible verses in it.

Kimberley

How do I use this app? I do have an android, as I said earlier. If I download your app what can I expect? How do I use it?

Barb

If you turn on the app, or open the book either one, the android app you’ll have two categories – the lies that make you eat, and emotional lies that make you eat. So let’s say I’ve had a terrible day and I’m just frustrated. And because I’m frustrated I’ll feel like eating. So I’ll look up frustration and there’ll be some questions there to help me have a conversation with God about everything that’s going on in life. So basically I’m turning to God for my frustration, for help with life, rather than the ice-cream or the donut. And what happens after that is that 9 times out of 10 when you work those things through with God you start feeling better. And when you start feeling better you’re not going to want whatever it was that was tempting you.

Or if it’s lies that make you eat, I could go to say entitlement eating, I deserve this. If I punched in that I’d come up with all the questions and Bible verses. I could just do that right here if you want. If you want we could go through them or whatever you’d like to do.

Kimberley

Yeah, I’d love to go through a couple. That’d be great.

Barb

So if I go to entitlement questions, the first thing it asks me is, “What do you feel like eating?” So let’s say I feel like eating the lemon bars. “Why do you feel like you have a right to eat in this particular situation?” Maybe I’m a stay-at-home mom and the kids have been really wild all day and they’re driving

me a little bit crazy and I'm feeling like I deserve a little treat. Or maybe I'm working and I had a terrible day at work and I came home and I have so much stuff to do at home and so I feel like I have a right to it.

There's all kinds of reasons that we may feel like we have a right to eat. So the next question is, "Do you think God agrees on your outlook on life? Why or why not?" And a lot of these questions, I have "Why or why not?" just to get us to really think because if we're going to renew our minds we're going to have to be actively engaged. We have to think through each question. The questions themselves, they're not going to change anything but talking to God about the questions and rethinking the way we look at life that's what's going to change us.

Would God agree that I deserve a little treat when life is hard? You know if you think of everything, all the people who went through hard things in the Bible God doesn't buy in to our American culture that says, "Hey you shouldn't have a hard life. Your life should be easy and if it's hard you should at least deserve a little treat." It's more about giving up rights, treating other people well, and He wants us to find our satisfaction in Him and be filled up with Him. Right away when I answer that question I take off those lies that I've grown up believing and then when I put on the truth that automatically changes my desires.

I'll just go through one more question. We won't take the time to go through all these but the next question says, "What usually happens when you live by your rights and your feelings in this area of your life?" What usually happens when I eat a bunch and then I gain a bunch of weight, right. So on a practical level this isn't really a good policy to eat whenever we feel like we deserve it. It doesn't make our life better.

The questions will help you take off the lies that make us want to eat, and overeat, and break our boundaries.

Kimberley

I like that. What is the app actually called?

Barb

The app is also called, *I Deserve a Donut*. And I have links to that on my blog. I have a Weight Loss Resources tab on my blog and it has links to the app and it has links to the books too. You can use the app when you're waiting in line at the bank or when you're sitting some place waiting to pick up your kids. It's pretty handy to have.

Kimberley

BarbRaveling.com – the listeners can access any of that information there.

Barb

That's right.

Kimberley

Okay, we are going to move on to our BEEP round. Barb is going to give us quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer—or BEEP. Okay, Barb what sort of tip do you have for us when it comes to Bible study?

Barb

If you're trying to break an overeating habit, to try and eat healthfully, I have a couple of Bible studies on it. One is called "Taste for Truth" and the other is "Free from Emotional Eating". In "Taste for Truth" the first 5 or 6 lessons talk about boundaries. A lot of times we believe the lie that rules are bad or we should be able to eat what we want. Or we might think I'll start this tomorrow. I don't know how many times we've all said, I'll start this tomorrow. So the first 6 chapters of the Bible study, I sometimes do them for other habits but by the time you're done the 6 lessons you're pretty convicted so today I really do need boundaries with food. Not just to lose weight but I need boundaries in my whole life. So my tip for a healthy Bible study I would actually try to do that "Taste for Truth" Bible study. I think that'd be really helpful.

Kimberley

Yes, actually I will be doing it. I had ordered your book a little while ago and just got it from Amazon so a few women from my church will be doing a "Taste for Truth". I've also ordered "I Deserve a Donut" so we'll be doing that along with it. I'm looking forward to it.

So what is your tip for eating healthy?

Barb

For eating healthy, when I first started working on renewing my mind for weight loss (I don't know how many years ago, maybe nine years ago—I'm kind of spacey with numbers) it was one of those things I thought I'd struggle with for the rest of my life because it completely controlled me. I started renewing my mind but it's almost like sweets were an idol in my life. I turned to sweets whenever I was upset and I just loved sweets. But I think I was researching that idolatry chapter in "Freedom from Emotional Eating" and it struck me that sweets were an idol in my life. So for the first time in my life I gave up sweets for awhile and I thought okay if necessary I'll give them up for the rest of my life. That was the first time in my life that I was able to say that. As it turned out I only had to give up sweets completely for, I don't know, maybe a couple of months and after that I allowed sweets back into my life but only the fruit-based sweets because I didn't usually binge on those like apple crisps or rhubarb pie. Not only did I not binge on them, they weren't easy to get. And I kept with that boundary for a long time and I kept switching the boundary on sweets only on social occasions and I think it was a couple of years when I brought sweets back into my life and I can eat sweets whenever I want. I still have a boundary that I don't eat sweets before lunch because if I ever eat them in the morning then I usually break my boundaries during the day.

So the tip I would have is if you find yourself really breaking your boundaries a lot, for some people it's just a lot easier to keep eating sweets and learn how to deal with them and for other people it's easier to just give them up altogether for a season. It's not like you have to give them up forever. I can have cookies on the counter now and not pig out on them. But I couldn't have done that back when I was totally controlled by food.

Kimberley

And your quick tip for exercise?

Barb

I'm afraid my tips haven't been very quick, have they? Sorry about that. Exercise, boy I just barely started incorporating exercise into my life on a regular basis. You know it's kind of fun, sometimes I'll take 5 minute exercise breaks every once and awhile in-between work when I'm writing. So I guess for exercise I would suggest start small. Do whatever you can even if you can get 5-10 minutes in that's great. And hopefully you'll learn to like it more down the road if you don't like it already.

Kimberley

Wonderful. And your last quick tip on prayer?

Barb

For prayer, my quick tip would be to do scripture prayers. Scripture prayers with powerful Bible verses would be a good way to get a biblical mindset on food and on life in general.

Kimberley

Thanks again to Barb Raveling for her expert advice and thank you for joining us today.

This interview has been brought to you by [*Women of Strength – a devotional to improve spiritual & physical health*](#). You can discover more about this book and other health programs at my website at www.kimberleypayne.com.

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the *Health Matters Podcast*, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.

About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at www.kimberleypayne.com

