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NPCC 302 Homework 3 - Exercises 4 & 5

Exercise 4 - pg. 80

My ruts:

1. Cycle of emotional eating
* I became addicted to sugar at a young age. As a child, I was sheltered, and though my natural disposition was one of shyness, the sheltering only reinforced that timidity. I was told what to do but never really taught why I should or should not do what I was told. I felt little control over anything in my life. One of the things I was allowed to do with few restrictions was eat, so I did. As a child I became overweight because the only thing I could control in my life was what I put in my mouth. I became addicted to sugar and food and ate large amounts - frequently. Sugar, in particular, became my comfort. However, it also made genetic disposition to depression and anxiety much worse. Though the increase in depression and anxiety as I aged was based primarily on heredity, the overconsumption of sugar strengthened those genetic defects . In addition, the reciprocal relation between addiction to sugar and the deposition to depression and anxiety gave birth to poor-self image and obesity at a young age. Sugar became my response to everything from happiness to boredom to loneliness. At the time I had no idea how toxic overconsumption of sugar was to the brain (that, essentially, it functions similar to cocaine in its mechanism and the area of the brain it affects). I can have periods of eating the way I know the Holy Spirit wants me to eat. However, as soon as I give in to temptation and have one of my trigger foods I creep towards anxious and depressed until I yield, once again, to the Lord and eat how He guides me to eat. It’s a cycle and, at the heart, it’s rooted in self-sabotaging because of feelings of unworthiness.

Exercise 5 - pg. 98

**Lie:**

I’ve messed up so much and it's too late. The promises God spoke to me will never come to flourishion because I’ve disqualified myself by the things I’ve done and people I’ve hurt. I don’t qualify for God’s blessings like others and have to earn them. I’m so unworthy.

**Truth:**

Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand - when I awake, I am still with you (Psalms 139-16-18 NIV). He who did not spare His own Son, but gave Him up for us all - how would He not also, along with Him, graciously give us all things (Romans 8:32). More valuable than many sparrows. For he chose us in him before the creation of the world to be holy and blameless in his sight in love (Ephesians 1:4 NIV). For the gifts and the calling of God are without repentance (Romans 11:29 KJV). And we know all things work together for good to them that love God, to them who are called according to his purpose (Romans 8:28 KJV). “For I know the plans I have for you,” declare the Lord, “plans to prosper you and not to harm you, plans to give you hope and a future” (Jeremiah 29:11 NIV). You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own] (1 Corinthians 6:20a AMP). Because you are precious in my eyes, and honored, and I love you, I give men in return for you, people in exchange for your life (Isaiah 43:4 ESV). “I have loved you with an everlasting love. With unfailing love I have drawn you to myself” (Jeremiah 31:3 NLT). You intended to harm me, but God intended it for good to accomplish what is now being done, the saving of many lives (Genesis 50:20 NIV). He has made everything beautiful in its time (Ecclesiastes 3:11a NIV).

**Declaration:**

1. God chose me before the foundations of the earth and wrote my name in His book. He knew every mistake I was going to make and He still called me His own. He has great plans for me and regardless of what I have done, the gifts and calling He has placed on my life cannot be recalled or taken away from me. There is nothing I can do to separate myself from the love of Christ Jesus. I am bought with the precious blood of Jesus. My King is a covenant keeper. Everything He has spoken to me will be fulfilled according to His will and time because He makes everything beautiful in His time. The mistakes I made do not disqualify me but will be used to bring fame to the name of Jesus and glory to His kingdom. The finished work of Jesus has qualified me for an inheritance and has equipped me for every good work. I am precious and worthy and am loved with an everlasting love. What the adversary meant for harm, God is going to turn around and use it for good. Everything I have gone through and done has been a training ground and has equipped me to be all things to all people like Paul. I am a blessing to everyone I encounter and God has equipped me to reach those who feel they have done too much to qualify for God’s love and grace. I know that all things will work together for my good because God has plans to prosper me and give me a bright present and future. With the Holy Spirit’s grace, guidance, help, and counseling I will colonize earth to reflect the Kingdom of Heaven.
2. “Our value is based not on how we feel about ourselves but on what someone else will pay for us. For example, a famous painting may look silly to me but is valuable because it is painted by Pablo Picasso. The value of the painting is based on who created it, not on what I think about it. If someone is willing to pay the price for something, that is what it is worth” (Groeschel, 2021).

I am valuable because God sent Himself in the form of Jesus the Christ (Jesus was the body; Christ was the Spirit - God’s Spirit) to redeem me (buy us back). Jesus the Christ momentarily relinquished eternity and entered humanity - for me. He gave His life in exchange for mine. He paid for me with His very own life. “If someone is willing to pay the price for something, that is what it is worth.” He gave up a part of Himself so that I can reign with Him for all eternity. What an unfathomable love. My value and my worth are not based on my accomplishments, career, social status, physical appearance, financial health, talents or any other human assessment. My value is based upon the price my Creator was willing to pay for me. I, indeed, was bought with a price that is without numerical value or human comprehension. I am eternally valued, worthy, and loved.

References

Groeschel, Craig. *Winning the War in Your Mind: Change Your Thinking, Change Your Life*. \

Zondervan Books, 2021.