



The Pause That Changed Everything: Eating for Life

By KC Johnson

- What foods do you eat when you're sad or stressed? What about when you're happy?
- How would it help to pause and ask, "Why do I want this? What am I feeling?"?
- What do you think of "Eat to Live"?

Bonus Question

- What practical steps can you take to start breaking free from a food addiction or any other type of addiction?

Reach UP to God

- Pray to God and ask Him, "What is the root cause of my addiction?"
- Pray for self-control and to stay on track.
- Ask God to 'order your footsteps' as you go on this journey of freedom with Him.