



Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food

By Lysa TerKeurst

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Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food By Lysa TerKeurst

According to bestselling author Lysa TerKeurst, craving isn't a bad thing, but we must realize God created us to crave so we'd ultimately desire more of Him in our lives. Many of us have misplaced that craving, overindulging in physical pleasures instead of lasting spiritual satisfaction.

For a woman struggling with unhealthy eating habits, *Made to Crave* will equip her to:

- * Break the 'I'll start again Monday cycle' and start feeling good about herself today
- * Stop beating herself up over the numbers on the scale and make peace with the body you've been given
- * Discover how weight loss struggles aren't a curse but, rather, a blessing in the making
- * Replace justifications that lead to diet failure with empowering go-to scripts that lead to victory
- * Eat healthy without feeling deprived
- * Reach a healthy weight goal while growing closer to God through the process

Made to Crave session titles include:

Session 1: From Deprivation to Empowerment

Session 2: From Desperation to Determination

Session 3: From Guilt to Peace

Session 4: From Triggers to Truth

Session 5: From Permissible to Beneficial

Session 6: From Consumed to Courageous

Bonus Session: *Moving the Mountain*, The *Made to Crave* Participant's Guide is designed for use with the *Made to Crave* DVD.

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Editorial Review

From the Back Cover

In this six-session video study, Lysa TerKeurst helps women discover the missing link between a woman's desire to be healthy and the spiritual empowerment necessary to make that happen. The reality is, we were made to crave. Craving isn't a bad thing. But we must realize God created us to crave so we'd ultimately always desire more of Him in our lives. Many of us have misplaced that craving towards overindulging in physical pleasures instead of lasting spiritual satisfaction. For a woman struggling with unhealthy eating habits, Made to Crave will equip her to: *Break the 'I'll start again Monday cycle' and start feeling good about herself today *Stop beating herself up over the numbers on the scale and make peace with the body you've been given *Discover how your weight loss struggle isn't a curse but rather a blessing in the making *Replace justifications that lead to diet failure with empowering Go-to Scriptures that lead to victory. *Eat healthy without feeling deprived * Reach your healthy weight goal while growing closer to God through the process.

About the Author

Lysa TerKeurst is president of Proverbs 31 Ministries and the *New York Times* bestselling author of *Uninvited* and *The Best Yes*. She writes from her sticky farm table and lives with her family in North Carolina. Connect with her at www.LysaTerKeurst.com.

Users Review

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Annie Hendricks:

Why don't make it to be your habit? Right now, try to prepare your time to do the important work, like looking for your favorite book and reading a publication. Beside you can solve your long lasting problem; you can add your knowledge by the e-book entitled Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food. Try to make book Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food as your friend. It means that it can for being your friend when you experience alone and beside that course make you smarter than ever. Yeah, it is very fortunate for you personally. The book makes you far more confidence because you can know every thing by the book. So , let's make new experience in addition to knowledge with this book.

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Beverly Hummell:

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Travis Mahon:

This Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food is great publication for you because the content that is full of information for you who all always deal with world and possess to make decision every minute. This book reveal it facts accurately using great organize word or we can state no rambling sentences inside it. So if you are read that hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but challenging core information with wonderful delivering sentences. Having Made to Crave Participant's Guide: Satisfying Your Deepest Desire with God, Not Food in your hand like keeping the world in your arm, information in it is not ridiculous 1. We can say that no e-book that offer you world inside ten or fifteen second right but this reserve already do that. So , this really is good reading book. Hey there Mr. and Mrs. hectic do you still doubt that will?

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