



Sex, Lies, & Chocolate Cake!

By Shannon Tanner

Why do I find myself frustrated in the drive-through again? I am angry about the drive-through service, because they are taking too long with my #5, with extra cheese. Actually, what my heart refuses to see is that I am really tired of waiting on You Lord... I'm tired of waiting on You for my soul mate. I settle for a hotdog when what I really want is a *hot man!*

Why are **80%** of African American women overweight? Has food become a cheap substitute for love? Have we chosen the counterfeit high of food to mask the deepest longing of our hearts for companionship, safety and connection with the opposite sex?

After struggling with an eating disorder for over ten years, I lost 73 pounds without dieting. God revealed to me, through His word, that I, like many other women, was in a cycle of plastering the broken and shattered places in my life with cheesecake. I used food to cover the shame of past sexual hurts and to numb my deepest desires for intimacy and male companionship. In the truest sense, my relationship with food is a direct reflection of my view of God. When I provide and meet my own needs through food, I settle for temporary provision and deny myself the greatness of His promises.

God has provided a divine banquet for you, where your thirst will be forever quenched, where His bread creates new life, where your soul will be truly satisfied. Feast at His table...allow Him to free you from the *inner-weights* of fear, loneliness and shame and trust that the *outer-weight* will fall away. The intimacy and freedom we long for is not found at the local Chinese take-out; the lasting joy and ecstasy we truly desire is found in the arms of the King.

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The foremost authority on faith based weight-loss and wellness

Excerpt from the forthcoming book

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Release date January 2008

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