

Stay Connected to God

In my darkest days of overeating, slipping, and blaming myself, I got down on my knees every day and turned it over to God. I said, "God, I know things are tough right now, but I trust you know the way. I trust that my path on the road to recovery is safe in your hands." After a few days of obsession and struggle, I felt God lift the dark clouds, and the sun began to shine.

My automatic response to anything in life is action, action, action. I must control and manipulate any situation to make sure it turns out right. In program, I found that my efforts were not only futile but also led to the food again and again. I was able to get through situations only when I turned them over to God and let go.

This is true not only when I'm suffering with compulsive overeating but also when I have other challenges I think I can control. Family issues, job

difficulties, travel delays, and general disappointments can be tough to bear. But when I step back, ask God for help, and get on with my life, suddenly the weight of the world is lifted from me!

Handling everything myself was a burden. When I'm suffering the pain of compulsive overeating, I have only one option: Give my burden to God.

— Lifeline, May 2008



Inspiration

I am not such a bad or unusual person. One day at a time, I can do it just like everybody else, and if I work at it, God will help me.

— Lifeline,
September/
October
1976



A Call To Service

Janice S. says, "Recovery from compulsive eating isn't a gift one can clutch selfishly to oneself. OA service is essential for our continued abstinence. As we give, we will surely receive."

How will you serve this week?

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