

AT THE END OF MY ROPE

What brought me here: Well, I have so much gratitude to a sister here in CEA HOW. She had heard me say over and over how I needed to lose weight. I always give the honor and glory to God for His direction.

How I got here: I was totally at the end of my rope. I was sick and tired of being sick and tired. I didn't want to live my life overweight and sick.

God directed me where He knew I would get the help that I needed. I needed to lose more than weight. I needed to be revived and brought back to life spiritually. I was spiritually dying on the inside. I lived a fake life of no hope. I was living in darkness even though I was serving and worshipping God. I still wasn't giving Him me. It was all going to the food and other addictions I had along with the food.

How I disliked my life, I didn't have a life. I was living on fumes and it was all me. Today I am grateful that I was able to listen to one of the sisters here in the program. I am grateful God used her to talk to me. I am grateful I was listening with a spiritual ear. I am grateful I didn't see her body shape because I have always had issues with thin women telling me how to lose weight. I am grateful she brought me to my first meeting and I didn't have to fight, scream and throw temper tantrums. I am grateful how everyone loved me unconditionally and that I was not judged by anyone.

Today I am grateful to be a part of something larger than me. It is about giving back what God has blessed me with and showing unconditional love to others that God has blessed me with today. I know I am blessed to be in a room full of love today. Only true and genuine love can bless like this.