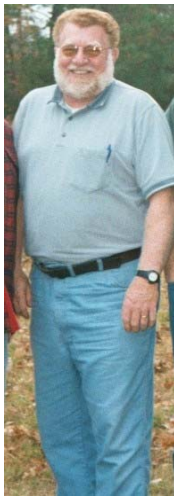




Welcome to

The Lord's Table Infopak.

Sit back, relax, browse around a little bit, enjoy the tour!



“I can do all things through Christ Who strengthens me.” I’ve lost 50 pounds since starting **The Lord’s Table**. But what I’ve gained *in intimacy with Christ* is far better than the weight I’ve lost!”
–Al Strickroth



Al is a mentor with Setting Captives Free. Feel free to jot him a short note of encouragement anytime at alan@settingcaptivesfree.com.

The Lord's Table weight loss program is unique. Whereas diets focus our attention on food; what kinds to eat or not eat, how many calories, fat grams or carbs we can have, **The Lord's Table** is a radical shift from focusing on food to focusing on Jesus Christ. And focusing on Christ produces heart change and consequent lifetime habit changes. Simply put, Biblical principles to weight loss *work*. Let's take a look at some comments from course members of **The Lord's Table**.

"I never knew what I was missing while in bondage to overeating and I don't ever want to trade the *enjoyment I have in Jesus* for slavery to food again. I have now lost 42 pounds at **The Lord's Table** but more importantly I have gained a Savior, Lord, Friend and Helper in Jesus Christ. My heart is so full with Him now." –Mary Stotter

See friend, *this* is what we are after, "I don't ever want to trade the enjoyment I have in Jesus for slavery to food again." Rather than the "grit our teeth" and "white knuckle it" kind of a diet, we want to *feed* our souls on Jesus and be *nourished* by Him. Then our hearts *delight* in His love and salvation and we *enjoy Him* more than overeating.

"I have tried every diet imaginable but had ended up nearly 100 pounds overweight. Then I noticed a friend at work had lost weight, she told me about **The Lord's Table**. I finally found the missing piece of the puzzle, I had to learn how to feast on Christ. Now I know that feasting is the biblical way to lose weight. This teaching has been revolutionary in my life, God is granting me repentance from overeating and I'm now down 28 pounds." – Linda Nelson

Did you catch that? "*Feasting* is the biblical way to lose weight." Jesus said, "I am the Bread of Life" and "Whoever drinks the water I give him will *never thirst*." The Lord's Table is about learning how to *drink* in the living water, about how to *feast on* Jesus Christ, that is, how to be *satisfied* in Jesus Christ.

Jesus Christ said, "***I have come to...set captives free***" (Luke 4:18).

*Hello friend my name is Mike Cleveland, and at **Setting Captives Free** we are on a mission; a mission to help men and women gain freedom in Christ. I struggled with overeating for fifteen years of my life and ended up 45 pounds overweight and in poor health. Then in January of 1999 God granted me repentance and began teaching me how to enjoy Jesus Christ. Over time I lost all excess weight. **Setting Captives Free** was formed to help others gain enjoyment in Jesus Christ, thereby becoming free.*



The Lord's Table Frequently Asked Questions

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What makes The Lord's Table different from other programs?

The Lord's Table is not behavior modification with prayer assistance. It is not a 60-day diet plan, pills that guarantee weight loss, programs that focus on food, or methods that require us to count calories, fat grams, carbohydrates or sugar. We are about setting forth Christ as our soul's satisfaction, about calling ourselves to repentance from habits of overeating, and about maintaining accountability. This results in our developing habits of eating in a disciplined manner which produces weight loss and long term lifestyle changes.

One course member wrote, "I have been reminded that I can't just cut back on food but must actively find my satisfaction in Christ. The difference between The Lord's Table and other 'Christian' diet programs I've tried is that even if they say they focus on trusting Christ for strength, they don't teach learning to drink from Christ. They don't get to the root problem, which is finding our satisfaction in something outside of Christ."

What are the main points of this program?

- Repenting of the sin of overeating
- Learning to feast on Christ through reading His Word with an open heart
- An online, interactive Bible study and teaching course
- An eating calendar to help us discipline ourselves so we don't indulge our flesh
- Exercise: 30 minutes, 5-6 times a week
- Daily Accountability, according to Hebrews 3:13

How does the eating calendar work?

Each week consists of:

- two half days (three meals with the portions divided in half)
- two liquid days (two liquid meals and one regular solid meal)
- two normal days (without overeating)
- and one fast day where we only drink water.

Do I have to stick to the order of the eating calendar?

You can put the days in an order that works for you; just don't put two of the same types of days back-to-back. For example, don't put two normal days together, or two liquid days together.

What can I drink on the liquid days?

Some people call them "juice days." We suggest V-8 juice because it's nutritionally dense (not to mention tasty: you get to drink your vegetables!). You can also enjoy fruit juices, milk, broth, soups. . .but not sodas, milkshakes or alcohol.

One person fell by gorging herself for the evening meal after a "juice day." When asked how much juice she drank during the day she had failed to drink hardly any. On juice days we are doing ourselves a disservice to not drink, which deprives our body, and this is not what we are after. Only on fast days do we deprive ourselves of physical food that we might seek the Lord and worship Him. On juice days, drink up! Lots! Especially if you happen to like V8 juice, which is very good for the body. Any other juices, milk, soup, water, broth, etc are acceptable, too, so partake of them all if you wish. Don't allow yourself to become so starved that the one meal becomes an all you can eat buffet.

Are you serious about fasting? How do I survive a day without eating?

The first fast day is usually quite frightening to course members, and for good reason. We've been told by the world that we need food and that we'll get weak, tired, malnourished, and faint if we don't eat three to six times a day! Time and experience has shown this belief to be untrue, for there are many accounts of fasting in the Bible, and Christ DOES give us strength to get through the day.

Fasting can be a time of intense spiritual growth. Jesus said, when speaking of certain types of demons, "This kind comes out only by prayer and fasting" (Mark 9:29). Though we do not consider overeating to be demonic in nature, yet we embrace the truth that some sins are so stubborn that spiritual growth can best come through earnest seeking of the Lord in prayer and fasting.

Course Member Shon writes, "I look forward to fast days more than any other because it reminds me of my fleshly weaknesses and how I must seek the Lord for strength. This seeking of the Lord, and enjoying the strength that He provides, makes for a truly enjoyable time of spiritual growth. Believe it or not, I have found fast days to be the times when I have the MOST energy and the LEAST temptation to indulge in eating! The Lord takes the desire away, and leaves me with a sense of peace that is difficult to describe. My next fast day is tomorrow and I am so eager to get to it!"

Many of The Lord's Table course members look forward to their "fast days" more than any other, because of the spiritual growth that comes from denying the cravings of the flesh in order to earnestly seek the Lord.

How do you define overeating? How do I stop?

Overeating is easy to define but hard to stop. Overeating is defined as eating more than the body requires for sustenance. In order to stop we must first meet the need that is pushing us to turn to food. Some people overeat because they need comfort, or they overeat as a stress reliever, or because of loneliness or boredom. Food is not designed to meet any of these needs of the soul, it is designed to sustain the body. So the first step is to learn how to feed on Christ, as our "Bread of Life" thereby removing the need to turn to food to meet emotional needs.

Secondly, disciplined eating without overeating is not about the "what," but the "how much." Our goal is deliberate, conscious eating with thanksgiving. We do not deny ourselves any food, but receive it all with thanksgiving. However, we eat all these kinds of food in moderation, according to our plan and with purpose and intention. One way to describe eating without overeating is that we eat only when we're physically hungry and stop when we're full (not stuffed!). And finally, the Christian life is meant to be lived with daily accountability (Hebrews 3:13). If we want to overcome overeating there must be high accountability, especially in the beginning stages. These are the foundational truths that make up The Lord's Table program.

I hate to exercise. Do I have to?

The Lord's Table course is not about a diet or a temporary method to weight loss, but about developing a lifestyle that honors the Lord. It is honoring to the Lord to develop good eating

habits and to exercise our bodies. This is why we recommend and encourage exercise. In the beginning, especially if you are well overweight, thinking about exercise can be a scary thing. Our advice is to start very slow, just with walking if need be, until the weight begins to come off and the exercising begins to get a little easier. Then we can progress to different exercises that continue to produce sweat.

Many of us are in bondage not only to the sin of gluttony, but also to the sin of laziness, which is often at the root of our attitude toward exercise. This course helps us to attack both attitudinal sins.

What kind of exercise should I do?

God told Adam that he would work the garden "by the sweat of his brow." Our bodies are designed to exert energy and sweat. Today, in this age of computers and telecommuting, we are not exercising as we should so as to work up a sweat. We do not recommend any specific exercise but rather suggest doing something, anything, that causes your body to exert energy and produce a sweat, which normally takes around a half an hour. This should be done daily, five to six days a week.

What are the numbers at the bottom of the posts on The Lord's Table Discussion Group?

Our starting weight, current weight, our goal weight, and the day of the program each person is on. This is for accountability and to help develop humility, which is necessary for understanding our complete need for total dependence on Christ.

How do I get to this discussion group?

You can subscribe to the Discussion group and read the archives here at [The Lord's Table Discussion Group](#):

What was that newsletter I read about when I enrolled?

The Soul Feast weekly newsletter is here: [Soul Feast](#)

I am scared to start yet another program, having failed in so many of them. Will I make it?

Jesus says, "If you hold to My Word you are My disciples indeed. And you will know the truth, and the truth will make you free" (John 8:30-32). Many people fail in different programs simply because they are not grasping biblical truth. The diet is focusing them on food, rather than on Christ. The Lord's Table is designed to help infuse the truth of God's Word into our hearts, help us be accountable to it, and by knowing and implementing this truth we become free. Freedom from overeating is available to anyone, regardless of how many diets, plans or programs you've tried, if you are willing to receive and act on the truth of God's Word. The main mission of the Messiah is to set captives free (Isaiah 61:1-2). Will you be one of them?

What does "feasting at the Lord's Table" mean?

"Feasting at the Lord's table" is a bit difficult to wrap words around, but let's try! Feasting at the Lord's Table is more than just reading our Bibles, it is a term to express the fattening of our souls in Jesus Christ. It means that we are sitting at the feet of Jesus, hearing His Word and believing, for the purpose of implementing the truths into our lives. It means we are receiving spiritual nourishment and that we are delighting our souls in His grace and truth. This can be done reading our Bibles, hearing God's Word preached, interacting with others,

studying through this course...etc. This definition is at least a start, more is explained in the course.

I can't fast a whole day due to health reasons (such as borderline diabetes or hypoglycemia). How should I handle the fast day?

We would recommend that you not fast the entire day. You could begin by fasting one meal and only drinking liquids during that meal, and then as time progresses and things change you could work your way into fasting two meals while closely monitoring your physical condition. And then you could, over time, move to a full day as long as your health doesn't deteriorate. Keep a close eye on it and make changes as needed. The objective is to give something up, and then seek the Lord during that time with the energy that you would have spent on the other.

I struggle with an eating disorder (anorexia or bulimia). Can this course help me?

The main thing that is needed by those who struggle with eating disorders is a heart change, not a behavior change. It is absolutely essential to humble oneself before the Lord in order to receive His grace. "God resists the proud, but gives grace to the humble." You would need increased accountability, preferably real life people (not email). Those who have found freedom from eating disorders say that they needed someone standing over them, watching them at meals (to make sure they ate appropriately) and afterward to verify no purging (for bulimics). They need more structure. They also need accountability concerning time spent in the Word, checking to see how one's life is lived outside of eating habits; is there a genuine seeking of the Lord? It's important to understand that any bad eating habits are idolatry, no matter which way they take us. God must throw down the idols of the heart in order for the captive to find freedom. Heart change plus accountability = freedom.

“Only God and I really know what **The Lord’s Table** course has meant to me. I believe that it has saved my life, my family, my ministry, and my eternal destiny. I am so grateful for your obedience to God in giving yourselves to the preparation of this Word of Truth.”—Ingrid Hutchinson



Other Courses At Setting Captives Free

The logo for 'Breath of Life' features the text 'Breath of Life' in a blue, serif font. To the right is a yellow cross with a white scroll emerging from its base.

"...Your teachings breathe new life into me."
www.settingcaptivesfree.com

The logo for 'Door of Hope' features the text 'Door of Hope' in a blue, serif font. To the right is a blue door with a yellow cross on it.

"Such WERE some of you..."
www.settingcaptivesfree.com

The logo for 'Purity Force Challenge' features the text 'Purity Force' in a blue, bold, sans-serif font above the word 'CHALLENGE' in a larger, blue, bold, sans-serif font. A yellow cross is positioned above the text, and a blue mountain range is in the background.

"Be an example in...purity"
www.settingcaptivesfree.com

The logo for 'Pure Freedom' features the text 'Pure Freedom' in a blue, bold, sans-serif font. To the right is a yellow lightning bolt striking a broken metal chain link.

Breaking the Addiction to Pornography
"He has sent me to set captives free..."
www.settingcaptivesfree.com

The logo for 'The Lord's Table' features the text 'THE LORD'S TABLE' in a blue, bold, sans-serif font. Below the text is a white plate with a yellow cross on it, flanked by silverware (fork, knife, spoon).

"You prepare a table for me..."
www.settingcaptivesfree.com



What To Do Next

Go to <http://www.settingcaptivesfree.com> and click on "Online Courses" and then "The Lord's Table." Enroll in the course, and begin working through the lessons daily, praying that God would give you grace to receive the truth of His Word, and act on it.