

## Unhealthy Fat

A layer of fat has disappeared. Setting Captives Free has a sixty day course, and it is not a diet. Weight loss, however, is inevitable. My wife has lost seventeen pounds, and I have lost fifteen. We are on Day 25.

We so appreciate this ministry. It is a Biblical approach to “overeating”—which is the secular term for the sin of gluttony. We have the Setting Captives Free workbook, and do a lesson a day. The course is called ‘The Lord’s Table.’ Setting Captives Free also offers help for sexual sin, and help for those in bondage to drugs and alcohol.

You may have noticed that many of the articles on My Word Like Fire expose the anti-Biblical nature of Alcoholics Anonymous and similar 12 Steps groups. Many Christians are in agreement with this, but wonder what else is out there that is truly of the Lord.

Well, I tell you sincerely, Setting Captives Free honors Christ. There is no “leaven” in this course. When all is said and done, it is the Word of God applied in the life of the believer.

Here is one of the first Scriptures from Setting Captives Free that opened my eyes and my heart: “Whether, then, you eat or drink or whatever you do, do all for the glory of God.” (1Corinthians 10:31)

The Lord is strengthening my wife and myself. We do not want to sin anymore. Not even at church picnics. Here is the link to Setting Captives Free. Let me know what you think.

[http://www.settingcaptivesfree.com/lords\\_table/](http://www.settingcaptivesfree.com/lords_table/)

~John Lanagan [www.mywordlikefire.wordpress.com](http://www.mywordlikefire.wordpress.com) ~