

A COMPANION TO EMOTIONAL EATING

Emotions and Eating Plan

Choose one recurring situation. Notice what you feel, care for what you need, and plan a response you can practice with God's help.

1 Notice the feeling

Name the situation and emotion: lonely evening, anxious afternoon, frustration after a conversation. If you are unsure, start with what you notice.

2 Care for your body

Hunger and emotion can happen together. If you need food, eat. Consider whether you also need rest or help. You do not have to finish this exercise before eating.

3 Bring it to God

Return to Philippians 4:8-9. What is true here? What good thing can you practice? Tell God what you feel and ask for help with your next response.

4 Choose a fitting response

Try an honest prayer, a conversation with a trusted friend, a short prayer walk, or writing out a psalm. Choose a response that addresses your situation.

A WORKED EXAMPLE

Situation: Alone in the evening, scrolling and reaching for snacks.

What I notice: I feel lonely, and I still need dinner.

My plan: When I notice that lonely feeling in the evening, I will make dinner, pray honestly, and message a trusted friend to arrange a time to talk.

Use the next page to make your plan. Print it or type in a compatible PDF reader and save a copy. Keep the reminder on page 3 where you will see it. A short note in your Day 4 food journal is enough to capture what you notice.

Based on Faithful Fitness, Day 8, printed pages 26-28. Scripture: Philippians 4:8-9. The example above is fictional.

A REUSABLE WORKSHEET

My response plan

Start with one situation. Brief, honest answers are enough. Review your plan after you try it and adjust what did not help.

Date

1 What situation and emotion am I planning for?**2 What physical need might also deserve care?****3 What will I bring to God? What is true here?****4 When this happens, what will I do?**

Write a specific action and a backup if your first option is unavailable.

Someone I can ask for support

When I will review my plan

After trying it What helped? What would I adjust?

You can learn even if you notice the pattern after eating. Keep caring for yourself, including your next regular meal. Save a new copy when you want to plan for another situation.

A REMINDER FOR AN ORDINARY MOMENT

Keep a reminder nearby

Write your planned response on the card. Print this page and cut along the border, or keep a copy on your device.

FAITHFUL FITNESS / DAY 08

When I reach for food for comfort

Notice

What am I feeling? What happened just before this?

Care

Do I need food, rest, or support? Hunger and emotion can coexist.

Pray

Father, here is what I feel. Help me see what is true and good.

Respond

What response would help in this situation? Try the action I planned.

My planned response

Philippians 4:8-9 | I can care for my body and bring my feelings to God.

Practice with support

For the full video devotional with Coach Alex and all forty video devotionals, join the CORPS: faithfulfitness.co/join. For personal help putting a habit plan into practice, explore Jumpstart: faithfulfitness.co/jumpstart.

If eating often feels out of control or causes significant distress, speak with a qualified health professional. Keep following any existing care plan.

Further reading: [Mayo Clinic guidance on emotional eating and when to seek help](#).