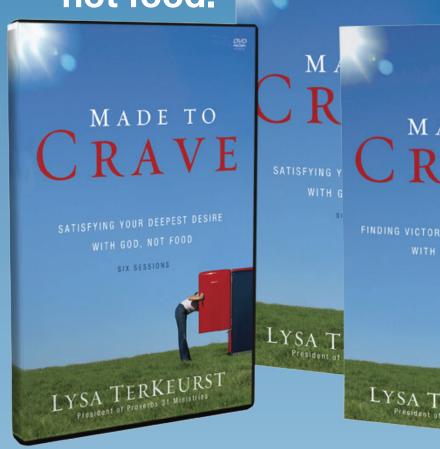
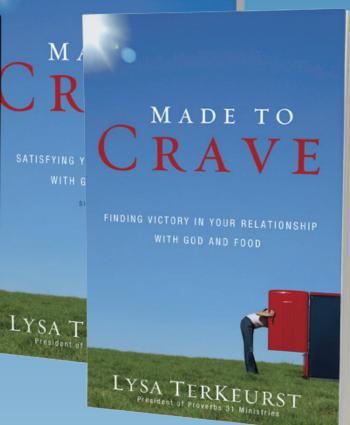
## food is my refuge and my strength.

PARTICIPANT'S GUIDE







Just because a woman finally fits into her skinny jeans doesn't mean she's won her battle with food. Too often, women overlook the spiritual component to their physical struggle with healthy eating. Made to Crave taps into the desires God gave you to consume food without letting food consume you.

For more information visit www.MadetoCrave.org

"Eating in its proper context is not the problem. God gave us food for nourishment, strength, and even celebration. But, when pleasure becomes unrestrained, there's an issue."

- Lysa TerKeurst



Join us for this six-session video-based study that uncovers the missing link between a woman's desire to be healthy and the spiritual empowerment to make it happen.



When:

Where: