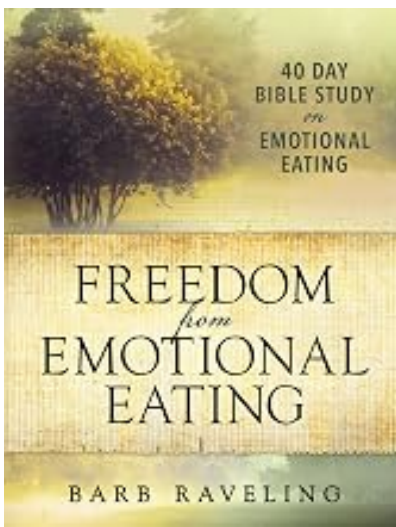




Do you eat for no reason? Do you eat to celebrate? Do you eat when you're bored? Do you eat when you're not hungry? If you answered yes to one or more of these questions, you are probably an emotional eater. Freedom from Emotional Eating isn't just another plan to follow. It's a Bible study that gently helps us look beneath the surface - into the thoughts, beliefs, and emotions that drive us toward food instead of toward God. Through Scripture, honest reflection, and prayer, we'll begin to trade the lies we've believed for the truth that brings us real freedom. Jesus says in John 8:32, "Then you will know the truth, and the truth will set you free."

The Greenbush Reformed Church will be offering an 8 week bible study to help free you from Emotional Eating. There are several things that you will need for this study:

The above book by Barb Raveling that you can either purchase on Amazon or on the internet. If you don't have access to the internet, I can order it for you and you can reimburse me the first night of our class. A bible, or bible app on your phone, index cards that are spiral bound to write your scripture verses in and a journal (both of which you can purchase at the Dollar store or Walmart).

We will be meeting in the church lounge of the Greenbush Reformed Church on the corner of Hays Road and Columbia Turnpike on Monday nights at 6:30 pm starting September 14, 2024. Please contact Tammy Markell at theamarkell60@gmail.com or call or text her at (570) 490-4544 to reserve your spot.