

Full: Food, Jesus, and the Battle for Satisfaction

Asheritah Ciuciu , Linda Dillow (Foreword)

Download now

Read Online ➞

Full: Food, Jesus, and the Battle for Satisfaction

Asheritah Ciuciu , Linda Dillow (Foreword)

Full: Food, Jesus, and the Battle for Satisfaction Asheritah Ciuciu , Linda Dillow (Foreword)

Can the Bible help me with my food struggles?

Have you ever felt stuck in a seemingly endless cycle of overeating, yo-yo dieting, and obsessive thoughts about food?

Whether you feel defeated by your lack of self-control or overwhelmed by thoughts and longings for food, the answer to our food fixation does not lie in the \$500 billion global diet industry.

This is not a diet book and it's not a healthy eating plan. Because at the core, our problem is not really *what* we eat. It's *why* we seek fullness in something that will never satisfy.

Join Asheritah Ciuciu as she shares honestly about her own battles with food and reveals the path to freedom. You'll discover the joy of living free from food fixation so you can experience deeper satisfaction in Christ, gain a renewed sense of purpose, and yes, even enjoy good food (without regret).

A healthier relationship with food through a stronger relationship with Christ—that's the goal of *Full*.

Includes a quiz to help you find out if you have food fixation, plus practical strategies for overcoming it.

Full: Food, Jesus, and the Battle for Satisfaction Details

Date : Published January 3rd 2017 by Moody Publishers (first published January 2017)


ISBN :

Author : Asheritah Ciuciu , Linda Dillow (Foreword)

Format : Kindle Edition 256 pages

Genre : Nonfiction, Health, Christian, Religion, Christianity, Self Help, Christian Non Fiction

 [Download Full: Food, Jesus, and the Battle for Satisfaction ...pdf](#)

 [Read Online Full: Food, Jesus, and the Battle for Satisfaction ...pdf](#)

Download and Read Free Online Full: Food, Jesus, and the Battle for Satisfaction Asheritah Ciuciu , Linda Dillow (Foreword)

From Reader Review Full: Food, Jesus, and the Battle for Satisfaction for online ebook

Jessie Young says

When I heard of this book and what it was about I had to pick it up. It meets me in a place where I struggle with food fixation. I kept turning the pages and saying "yes! That's me. Yes that too!" The book clearly addresses what food fixation is; both over eating and under eating. It covers it from all angles and ways it presents itself. Triggers. Reasons. Etc. Scripture is used throughout the book in very effective ways to show the reader that the ultimate goal is to glorify God with what we put into our bodies. Asheritah Ciuciu presents methods and tips to overcome food fixation with Gods help. She recognizes failure/set back will happen and encourages the reader accordingly from Gods word. I'm not left asking how will I do this. She covers everything. It's a very thorough book. I would highly recommend it.

Samantha says

The battle we face in trying to be healthy i.e. loose weight is a real one and not only does it effect us physically, emotionally, mentally but Spiritually. Ciuciu has done a wonderful job at making you look at why you struggle with food and how food fixation (addiction) is a spiritual battle that we need to take to the Lord and grow closer to Him. I enjoyed this book very much found it very helpful and convicting. If you enjoyed Made to Crave you will definitely love this book to...maybe even more :)

Taylor says

I have the same propensity as any other addict; it's just my drug of choice is food. (34)

But it's only when we're sincere about our spiritually dormant appetites that we can be awakened to His glorious sufficiency. (94)

If you don't feel strong desires for the manifestation of God, it is not because you have drunk deeply and are satisfied. It is because you have nibbled so long at the table of the world. Your soul is stuffed with small things, and there is no room for the great. God did not create you for this. There is an appetite for God. And it can be awakened. - John Piper (100)

When we eat a good meal, we forget about it in twenty-four hours; but when the Lord feeds us his Word, we have food for our souls that lasts forever.

The Bible isn't about us. The Bible is about God. (123)

If we read it any other way, we'll get bored fast.

Our Bible study each day should culminate not in a list of things to do but in a million reasons to worship. (124)

Here's the thing: it doesn't matter what your weakness is. If you're controlled by food, you're not controlled

by the Holy Spirit. (188)

God, we recognize this food as a gift from You. Let us eat and drink to your glory. Amen.

Amy says

Full: Food, Jesus, and the Battle for Satisfaction is not your normal normal diet book. Instead of trying to figure out the reason of over eating and lack of self control, it is actually about having a more satisfying relationship with Christ. The author shares about her own experience with dieting and her discovery of freeing herself from being fixated with food and having more of a healthier relationship with Jesus.

The book is broken down into four parts with three chapters in each part. The part include:

Getting Real About Our Food Problem

Awakening Desire for God

Experiencing Everyday Fullness

Living the Full Life

Each chapter has a section called "Digest the Truth" which has thought-provoking questions a reader can respond to. There is, also, Bonus Online Content at the end of each chapter that directs a reader to various online content, such as: videos, a downloadable prayer journal, devotionals, printables, charts, plans, etc. Within several chapters, other readers share their story about their own struggles.

I did enjoy this book. It gave me a lot to think about with my own obsessions and addictions with food. I plan on reading it again and spending more time following along with the bonus online content.

Highly recommended for those who have obsessions with weight and dieting.

Five stars

I received this book as a gift from a friend and I chose to write my own honest review on my own.

Kate Hendrick says

There were a lot of really good things about this book. It was broken up into four parts that built on each other as a person progressed through their food fixation journey. What I really appreciated was that she addressed food fixation on both ends of the spectrum: overeating/being controlled by unhealthy choices and being so obsessed with eating healthy that our food choices control us. Throughout the book, there are reflection questions so the book could be used in a group setting or as an individual. There were also notes from other people who struggled with food fixation, so in addition to Ciuciu's powerful testimony, you were exposed to brief glimpses into other peoples' stories. Ciuciu recognized that failure was a possibility and provided support for that in her book as well; this built on her honest tone which made her struggles and successes seem relatable. She provided some science in the beginning to support her points, and Scripture was definitely a focus. Generally speaking, I think the advice and encouragement she gave accomplished her goal of helping people grow closer to Christ, but there were some flaws to this book.

One of the minor things that got to me is that there wasn't a distinction between Type 1 and Type 2 Diabetes; she simply said diabetes when mentioning it as a consequence of unhealthy eating habits. To be fair, this is a problem in most literature about unhealthy eating habits, and while it certainly isn't something that would cause me to not recommend a book, as a Type 1 Diabetic, I feel that it is important to call these things out.

The rest of my concerns with the book arise from a Catholic perspective while reading non-Catholic Christian literature. Obviously, there were points in the book that used very Protestant terminology. While it isn't wrong, it could be a little odd for a Catholic reader. There were also three general topics that could've been dug into more deeply from a Catholic perspective. The most important is the Bread of Life. Obviously, a book about satisfying spiritual hunger feels incomplete without talking about the Eucharist. Having a godly entourage -that is, support from other Christians- is mentioned, but there is no mention of the cloud of witnesses we have at our disposal (Hebrews 12:1). She mentions regular confession, but it isn't sacramental. Again, none of these things are wrong, and they are in fact very, very important, but she is disregarding some incredible experiences and gifts we as Christians have at our disposal.

If these were the only aspects a Catholic would find unusual, I would be ok recommending this book to Catholic readers, however, there are two things cause me more pause. Her discussion on fasting could potentially cause problems for Catholics. I completely agree that our fasting doesn't secure our salvation, but I disagree when she says that we should "[b]eware of anyone who teaches that fasting will make God more pleased with you." Plain and simple, fasting (when done properly) is pleasing to God. Our good works do not secure our salvation, but we show our faith through the good works we do on Earth. More erroneous is the claim that "God created us as three-personed beings, with bodies, souls, and spirits.." While her point that we need to consider both the spiritual and the physical is important, we are not three-personed (CCC 362-367).

Overall, I think this book does a good job addressing the topic of seeking Christ when we are longing for satisfaction. I felt that the last section of the book started to drag a little, but in general, the book was honest, encouraging, and practical. I believe it could be a useful resource, but the lack of depth and errors make my recommendation less enthusiastic. If you struggle with food fixation, I would recommend this book, but with the warning that you should know there are some things that are wrong in it and encouragement to explore some components at a deeper depth as I mentioned above.

Note: I received this book from the publisher in exchange for an honest review.

Hillary Baden says

This is one of the most powerful books I have ever read! For years I have been choosing to ignore the sin of food idolatry in my life, but Asheritah's writing helped me to see my sin for what it really is...a big ugly stumbling block that needs to be dealt with because it was hindering me from walking closely with my Creator. I knew I loved food and have not been taking care of myself, but had not ever seen it as idolatry before.

Asheritah writes as one who is journeying alongside you because she is sharing from her experience and offers so much practical advice and tips for getting control over an addiction to food. It is a very easy to read book with solid Biblical teaching, and was definitely used in my life to address this issue as a heart issue, rather than a physical issue that can be fixed by a diet.

Becky says

First sentence: For a brief moment, I was convinced some desperate sugar-binging alien had possessed me.

Premise/plot: Full: Food, Jesus, and the Battle for Satisfaction is a book primarily for Christian women about food fixation. The main idea of the book is that you "can't solve a spiritual problem with a physical solution." Most people don't consider their struggles with food and weight (and body image) to be SPIRITUAL in nature. She writes, "At the core, our problem is not really what we eat. It's why we seek fullness in something that will never satisfy." She continues, "Food cannot fix anything--God is the only one who can satisfy us because He created us to find our satisfaction in Him."

What is food fixation? She defines it as the "inordinate preoccupation with thoughts and longings for food." I was happy to see that she doesn't further limit it to obese people obsessed with eating and craving food. That she does in fact include the other extreme: non-obese people who may outwardly appear to not have "food issues" but inwardly struggle just as much.

The book is practical and personal. She shares her own story--her own journey--in addition to sharing the stories of other women. The focus isn't on diet plans and food diaries. The focus is on how to do spiritual battle against Satan who is using LIES to keep you from finding satisfaction and fullness in Jesus. That being said, it assumes that readers will after putting on the armor of God subsequently change their eating habits and obtain some degree of physical victory as well.

My thoughts: While reading this I realized I'd become someone from my nightmares: a non-obese person who talks and complains about food and weight all the time. I've spent decades of my life HATING people like that. You know, the ones who talk about how horrible they look and how they really, desperately need to lose five or ten pounds. I always hated such talk because, let's face it, if you need to lose fifty plus pounds--or hundred plus pounds--the person who is always, always on a diet for those "last ten pounds" is ANNOYING. The kind of annoying that makes you want to slap them, but, of course, you never would. When did I become that person? How can I stop being that person? When did my food fixation switch from one extreme to another? When did my fixation on HEALTH and exercise become so out of control? And why didn't I realize it as it was happening?

I agreed with some of what she writes. I disagreed with a few things here and there. I do not think, for example, that obesity is solely a spiritual issue. I do not think people are obese solely because they've set up food as their idols. I think there are dozens--if not hundreds--of factors as to why people are overweight.

I think AWARENESS is big. I think people need to be more aware of how they're talking to themselves, of the lies they keep on repeat. I think people need to be more aware of why they are eating, of why they are eating what they are eating. I think people need to be more aware of their emotions. Because I think for me--and for a lot of people--you can eat so you don't feel. Eating to numb emotions that you just want to avoid for whatever reason. I think people need to be more knowledgeable about science and nutrition and how their bodies work and what their bodies need.

One of my favorite lines from a Caedmon's Call song goes, "I don't know if it's the devil or if it's just something I ate." And that is probably one of the truest lines ever. Those who know me know that I talk about BUGGIES all the time. I think it is absolutely CRUCIAL to take care of your gut microbes. There are good microbes and bad microbes. There are microbes that literally make you crave sugar and carbs. Your microbes determine--in a way--if you crave vegetables or doughnuts. And once you've eliminated the bad

guys--starved them out, if you will, you might be surprised at how quickly and how permanently your cravings disappear. So I think there is a physical aspect that still needs to be considered. Your gut--in addition to sending messages about what to eat or how often to eat--also contribute to anxiety and depression, etc. So by eliminating most--if not all--sugar and gluten--you may completely wipe out your cravings for processed food and other junk. I think that's more the way to go--personally speaking--than relying on the Holy Spirit to whisper when you've had enough food. (Nothing against the Holy Spirit, I promise. It's just that trying to discern the Spirit's voice from your own inner critic and your own toxic lies about food and body image would be really, really tricky.)

I do think that starting the journey from a spiritual point is great advice. I do think it is better or smarter than just sending someone to the diet section of a bookstore or library. (I am anti-diet, by the way. I am all about healthy, balanced eating.)

Create With Joy says

If you believe that your struggles with food have an emotional and an spiritual component to them, and you are looking for strategic biblical guidance on how to prevail in this battle, then Full will be of great interest to you!

Full is not just another diet book: there are no recipes or meal plans inside of this book. Instead, you'll learn how food fixation is one way that we unwittingly try to meet needs that only God and Jesus can provide – and what we can do to satisfy our longings with the Bread Of Life instead of the bread basket!

Full will most strongly appeal to women of faith because of its strong biblical emphasis, but the real-life struggles and practical advice offered in chapters like “Discover Your Triggers” will interest readers of all backgrounds.

For more information about this book, please visit [Create With Joy](#) to read my original review in its entirety.

Disclosure: I received a copy of this book from the publisher. The opinions expressed in this review are entirely my own, based on my assessment of this book.

Rachel Devaughn says

If you have ever struggled with food fixation or food addictions (including sugar) and would like biblical ideas and support; you will really like this book.

The author begins by explaining that this is not a diet book or healthy eating plan. It's a book about “why we seek fullness in something that will never satisfy... We need the sanctification that comes by the power of the Spirit. That's the only solution that leads to lasting change and creates in us the transformation that pleases God”.

At the end of every chapter there is a “Digest the Truth” which can be used for individual or group questions;

along with bonus content found on the authors website.

In this book she talks about 10 lies about food, discovering your triggers, fasting, and celebrating the gift of food; to name a few.

At the very back of the book she has included a food-fixation assessment along with 20 verses to overcome food fixation.

“It is possible to break the cycle of a lifetime of dieting or calorie counting or preoccupation with food or even an outright addiction. This book will hopefully give you the encouragement and hope to start your own journey and to find FULLNESS in the word of God.

I received a copy of this book complimentary for blog and social media review. All opinions are my own.

Amy Langmaack says

Full: Food, Jesus and the Battle for Satisfaction

As I continue to work towards the journey towards freedom surrounding health and my relationship with food, I'm learning more about relationship. In Full, Asheritah Ciuciu begins by reminding us that the real problem isn't the food we're eating. Rather, it's the lies that we chose to believe about the food that we eat.

And it seems, at least for me, that the lies stem from a disordered relationship with God. The cure, Ciuciu shares, is to restore a relationship with God, and feast on the Word of God.

I think the thing I loved most about this book was that Ciuciu is still on this journey with us. Rather than writing from a place of one who arrived, Ciuciu is still on this journey towards freedom with food. She encourages us to continue to think creatively, to immerse ourselves in scripture, and depend on God and community.

Food Fixation

Ciuciu spends much of Full focused around the idea that we often suffer from food fixation. It's the idea that we get so focused on food that we take our eyes off of the things that truly matter. It's more than the foods we choose to indulge in. Or the foods we choose to restrict ourselves from. It's about building a stronger relationship with God so that we can be full. When we have a stronger relationship with God, our relationship with food becomes more healthy as a result.

Amber Stokes says

This book about our attitude toward food covers some great topics and challenges the reader in a good way! I started the book and set it aside for a time, but when I picked it back up, I found myself engaged by the writing, the readable structure, and the important reminders.

I found chapters 10 and 11 ("Embrace the Grace of Community" and "Serve with Food") to be especially

challenging and thought-provoking. How should food be treated in the church? How can we move the focus of our hearts from food to God during times of fellowship? How can we remember and care for the hungry? These are all good questions...and things I need to think about more.

I also appreciate that a chapter is dedicated to fasting, something noted in the Bible but not overly discussed in modern times. It feels like more of a radical or foreign concept, but I don't think it's supposed to be. There's so much I have to learn about fasting, and it's helpful to have some guidance in this book.

When read too quickly, I could see *Full* being a bit overwhelming...there's a lot to "digest" in the area of eating! But I appreciate that the intent of this book is to direct readers to Jesus and how we can honor Him in this part of our lives that tends to "consume" a lot of our time and thinking. (Pardon the puns!)

Full is an encouraging read that tackles a touchy topic with grace.

Linda Joy says

Gosh, I think that SO many women will benefit from reading this book. I am so thankful that she points out that battling food fixation, like any other addiction, is spiritual warfare. If Satan can't distract us from communing with God through other vices, he'll use food. Wow. I just benefited so so much from this. Thanks for writing this, Asheritah. It was a privilege to proof it.

Joan says

I have read a ton of books on dieting. I've even read a number that drew my attention to the spiritual aspect of being overweight. But I have never read a book that identifies the core issue with such clarity as this one. And I have never read a book that has offered such practical suggestions to help me with that spiritual issue.

Ciuciu is blunt. Food cravings are meant to turn us to God, not a diet book. We don't need another diet. We need the Holy Spirit. She lets us know that food will never satisfy us. We are to find our satisfaction in God. Looking for satisfaction elsewhere is idolatry, a spiritual war we are in. "Satan will use whatever tool he can to distract people from seeking satisfaction in God..."

I've heard that before but what impressed me here is that Ciuciu goes to great lengths to explain how to stir up a hunger for God. It takes time and work and includes prayer and action. We must be continually resetting our minds toward God. She shares her own experiences and struggles and that section alone is worth reading the book.

In addition to practical spiritual help, Ciuciu also gives practical help in taming the role of food in our lives. She writes about triggers, for example, and how they are designed to turn us to God.

This book is, by far, about finding our satisfaction in God. "Idolatry is ... believing God is not enough and that I need something other than Him to be satisfied." "If all our needs are met in God, if He becomes our satisfaction every morning..." we will not look for satisfaction in food.

This is a hard hitting book yet is filled with compassion and practical help. Ciuciu has added a Digest the

Truth section after each chapter with questions for individual or group use. I highly recommend this book to anyone willing to face the spiritual reality about food obsession.

I received a complimentary galley of this book from the publisher. My comments are an independent and honest review.

Anita Ojeda says

I'll be buying copies of this book for my daughters and students. Asheritah shows how food fixation is simply the devil's plan to keep us separated from the only one who can make us full--God. The discussion questions at the end of each chapter are perfect for groups and individual journaling prompts. She takes the reader on a journey into a deeper relationship with Jesus and points out how addictions and fixations get between us the One who loves us.

Psusan says

Full: Food, Jesus, and the Battle for Satisfaction by Asheritah Ciuciu is more a spiritual book than it is a diet one. Anyone with food issues would find that this book tackles their struggles head on, especially women. This is a Christian author writing to Christians. That is clear from the beginning, it is after all published by a leading Christian press, Moody Publishers. However, I do think that a non-Christian would benefit from reading this book and may even see the need to become a believer; not just to win the spiritual battle over food either. I especially liked the self-assessment and the closing thoughts of the book which brought everything in a clear and concise manner.

The author gives much "food for thought" in the premise of the book. Such as where does true satisfaction come from, certainly not food or material things for that matter. Within the pages of the book, the author relates her own journey as well as the stories of others. However, the causes for obesity may have been oversimplified. There are many factors that play a part in that, not just a person's thought process. Still I found the preoccupation with the opinions concerning food, dieting along with the lies we tell ourselves as well as all the "talk" that is done about food to be thought provoking. Do we spend more time thinking and talking about Jesus as we do food?

The publisher through Net Galley provided a copy.
