

more of me to Love

A dieting devotional

By Jill Crowder

More of Me to Love

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Introduction

This book is going to be like nothing you have ever read before. There has probably never been a 5'2", 235-pound, 40+year-old woman to write a book on weight loss and dieting. I'm about to start on a journey and I'm taking you along for the ride so you better buckle up!

First of all, let me introduce myself. I am Jill Crowder, wife to Cale, mother to Hannah, Emily, and Will, former foster-mom to 9 children that will most likely be mentioned in this book under cute nicknames such as "Mr. Big Stuff" and "Princess Sassy Pants". I'm also "Miss Jill" to 80+ former students of my in-home daycare throughout the years. I am an older sister to Abby and Sara therefore making me "Jill-Jill" or "Aunt Jill" to 7 nieces and nephews. I am the daughter to Ric and Barb. I am the co-teacher of the college and career Sunday School class at our church. I am a former softball player. I am a quilter and crocheter. I am many, many, things to many, many, different people.

One thing I didn't list in the paragraph above is the most obvious. I AM FAT. There, I said it. It's out in the open. It's not a big secret. It's no longer the white elephant in the room. I know it, now you now know it, strangers at the grocery store know it, Disney World employees know it, Carnival Cruise crew members know it, lots of people know it. We are all on the same page about it. I, Jill Crowder, am a big girl and it is the thing I dislike most about myself. It is my Kryptonite, and it has taken so much away from me throughout my life. I was the quiet girl in high school because it was easier to exclude myself than risk being excluded. I'm the person who always takes the pictures, so I don't have to see myself in them. I'm the paranoid wife who thinks my husband is going to find someone else to turn his head. I'm the mom in the background because I don't want to embarrass my kids. I'm the person singing from my pew instead of going to the choir if going means standing in the front row. I'm the person sitting still at the water park, so my jiggles don't get giggles. I have created a handicap for myself, and I've suffered from it tremendously.

Today, however, I'm going to change all of that. Today I'm going to see myself differently. Today I'm going to start seeing myself the way all the people in the second paragraph see me. Today I'm going to see the person that God created me to be and I am going to strive to be her. I'm going to do the healthy things: the dieting, the exercising, and the drinking all the water.

I'm going to journal everything: my meals, workouts, daily devotions, thoughts about myself and opinions about it all. I'm going to write the things that everyone who has ever dieted is thinking. I'm going to plan to change my outward appearance but mostly I'm going to strive to change the way I see myself. I'm going to learn to laugh at myself, love myself and appreciate the opportunities God has given me whether I have taken them or not. I may never be the size I want to be or the person I am in my dreams but I'm going to learn to love myself anyway even if its just accepting that there may always just be more of me to love.

How this is going to work:

Every devotion is going to start off with a quirky little title and a passage of scripture. Some of these passages will be short and possibly familiar and some of them will be several verses and not exactly verses you would expect to read in a dieting devotional but bear with me. After the scripture there will usually be a summary, or maybe some background information on the passage but hopefully something helpful or at least what helped me to understand it.

The third section is going to be a-day-in-the-life of me. I'm nothing special. I'm your average female who loves her family and her life but sometimes I get my panties in a wad and my kids drive me crazy and then I react...well, human. I love to find God in those everyday moments. I love sharing God's love through the crazy that is normal life. If I can see God in the simple things in my life, I want to help everyone see Him in the simple things in their own lives. So, I'm going to give you tidbits of my world that, to the naked eye, don't look like great big God-is-there kind of moments but He is, He so is. So, it's all in here. I want you to laugh with me, cry with me, learn with me, walk with me as we start this journey together. I want to be an encouragement to you on your weight loss journey because I know I need encouragement on mine.

Each devotion will end with a prayer for the day, a prayer I'm praying for myself and for you. I know what it's like to suffer with the extra pounds and I know what it's like to suffer in so many other areas of my life. If you, my friend, are suffering, know that I genuinely want you to feel the comfort and strength of God to ease your pain and bring you out of whatever your situation may be.

Then, at the bottom of each page, you will see my chart for the day and a blank one for you. Go ahead fill it out, check those boxes. We are going to learn to celebrate checkmarks as much as we celebrate pounds and inches. I'm not a dietitian or any kind of nutritionist, obviously, so this devotional DOES NOT include a diet plan. There are plenty of those floating around and I've learned that what works for you might not work for me, so we are on our own for that part. But I do know, there are common denominators with ever diet plan I've ever used so the chart is made up of those things. I think it's important to keep track of what I'm eating so I can see a pattern of what works and what might be tripping me up. We are going to celebrate our checked boxes and I'm going to try to encourage us to keep going.

How did you do?

Day	Date	Weight	7:30	Walk 20	Devotion	Water 60	Sleep 8
			<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Breakfast	<input type="checkbox"/>						
Lunch	<input type="checkbox"/>						
Snack	<input type="checkbox"/>						
Dinner	<input type="checkbox"/>						
Snack	<input type="checkbox"/>						
How did I deal with stress?							
How can I improve?							

Just to break it down for you a little...

1. Record your weight every day – it helps you know how foods are affecting you.
2. Check the box if you stop eating at 7:30pm – late night snacks hurt more than you realize.
3. Check the box if you walk or exercise 20 minutes a day – just get moving. The more you move the more you will want to move.
4. Check the box if you do the devotion for the day – We need “God time” and the reassurance that He is helping us through this as much, if not more than we need to check any of the other boxes.

5. Check the box if you drink 60oz of water a day – I hate water, but it is a must.

6. Check the box if you get 8 hours of sleep a night – This is another hard one for me but once I start seeing the check marks and the patterns, I know it's worth the effort to catch those zzzz's

7-10. Check these boxes if you followed your plan. If you know in your heart you made good eating choices give yourself the checkmark, you deserve it. Then jot down what you ate out to the side. You might find along this journey that some foods on your plan are working better for you than others. It's just a good idea to have a record of it.

How did I deal with stress? - This is just to make yourself aware of how you naturally respond to things. Maybe you can improve on that too.

How can I improve tomorrow? – There is always room for improvement.

Now we're ready, now we're set, let's go!