



Craving God A 21-day Devotional Challenge to Accompany Made To Crave

Lysa TerKeurst

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From Reader Review Craving God A 21-day Devotional Challenge to Accompany Made To Crave for online ebook

Diana says

Downloaded as a free iBook. I thought it had a few good insights (a reminder that we can trust God for self-control as evidence of the Spirit's work in our lives) but in some ways a little light.

Alayna says

I started reading this book to Keep my mind off of smoking when I put them down cold turkey. Because of this book I was able to stay smoke free and it got me through the rough spots. This book is geared towards food, but could work for any addiction. It made me realize a lot of things! An AWESOME read!!!!

Tarissa says

A wonderful addition to any Christian woman's bookshelf, especially if she's trying to break a certain eating habit. I loved having this 21-day devotional, which reminds me to treat your body right for more reasons than just one. Creating balance in your life with food will create balance in other areas of your life too, even your spiritual life.

I especially enjoyed these words from day 21:

"Aren't you encouraged to see that overcoming is possible? We can be more than just women who hide our struggles or deal with them just enough to survive.... There's a reward awaiting those of us who press through our struggles all the way to absolute victory."

Tina at Mommynificent says

This book is really inspiring and helps to pinpoint the source of cravings you are having trouble saying no to. I found myself highlighting a lot and plan to re-read several sections.

Robin says

This is a wonderful devotional. I found myself wishing it were longer so I went and ordered Lysa's "Unglued" book, dvd, and participant guide . I cant wait til they arrive!

Margaret says

This was a 21 day devotional designed to go along with the Made to Crave book. I don't have the book but I still got a lot out of this devotional. The author talks about changing our cravings from food to God. She supports her thoughts with Scripture. I enjoyed this read and I will probably purchase the book at some point!

This book is from my personal collection.

Deana Pittman says

I have been reading this book on and off for the last month. It's a great "thought for the day" or short devotion to start off your day. As someone who battles food cravings (especially junk food) all of the time, it was a great way to set my focus for my workout and my eating for the day. I would not say that these devotions brought great spiritual awakenings, I think you need a deeper type of Bible study if that is what you seek, but just bringing awareness of the cravings was a great insight for me. Anyone that needs a "jumpstart" each day to carry on with their weight loss program: This is the book for you!

Judy Jones says

Lysa TerKeurst takes readers through her journey to long term weight loss. Hers is not a diet plan but a decision to make a craving switch. She insists we are made to crave, yet that craving is not to be directed to food. It should be directed toward God. I'd have to judge the message as effective. Reading it has already led me to change many of my eating habits.

Barbara says

This was a very short e-book, and I enjoyed it very much. It focused on why God gives us cravings and how to use your relationship with him to help you through times when you crave food. It is meant to be read as a 21-day devotional, but I read it through in one sitting because I found it so helpful. I will probably read it again, slowly, to benefit even more.

Joan Haughton says

I did not finish this book, I stopped at day 4 or 18%. On day four it was mentioned that "The object that enticed Eve might have been an apple" I stopped reading there because anyone who seriously study the Bible knows that this is wrong teaching. I could go no further.

I am sorry because the topic of the book appears to be a good one but the content is more about food than anything else. I pray that God will bless the author but I could not give the book more than one star because I could not continue reading.

Lisa says

"Life as a Christ follower will always be a learning process of depending less on our own strength and more on God's power."

Unfortunately, this book was not nearly as helpful as I was hoping it would be. There were nuggets of truth inside of it that really resonated, but they were tucked inside prose and sentiments that felt cliched and painfully worn out.

The things that were helpful:

- I know I won't be happy after the sugar high disappears. I'll simply be disappointed and/or craving more.
- I self-medicate with food.
- Adultery, alcoholism, and binge eating are all symptoms of a hungry soul. Sometimes I need a reminder that my binge eating is a serious sign that there is something lacking inside of me (goes back to the self-medicating).

But those truths weren't really enough to help me past the negative things:

- The cheese factor. I can't tell you how badly I want to roll my eyes every time someone tells me that I can be a "victorious child of God." Whether it's truth or not, it just sounds *hollow*.
- An excess of exclamation points. See above.
- Sometimes the illustrations she was drawing were just too thin. Not everything can be stretched to be about food.
- Overeating and bingeing point to a problem with gluttony. But what of the problems with obsession on the other side of the fence? Obsession with counting calories, planning things out, exercise. Though they are less often focused on in our society, they are equally problematic.

If you're looking for something deep, this isn't the book for you.

Jared says

I got this free ebook from amazon and did not realize what it was about. It did not take long to realize this was clearly written to overweight women, but I found the author's insights and examples applicable to anyone. Who among us has not had to battle the temptation of the mighty cheetos or resist the siren song of the Oreo? Spend the half hour to read it.

Gina says

I'm really diggin' this book

Robyn V. says

I think this gave me a renewed perspective.

Melissa says

This is a companion to the book "Made to Crave," which I have actually not read. The 21 days of devotionals are short but meaty and helpful. Though I do not have a food struggle that matches that of the author, I think her advice and the biblical precepts she includes here apply to whatever a person may struggling with that vies for the place that only God can fill, the throne on which only He should sit, the longing that only He can meet.

We are made to crave God, not food; that's the bottom line. We are made to crave God, not acceptance. Not money. Not the perfect career or kids or retirement package or whatever it is we work toward so it will complete us. Not the things that fill our time and provide our escape.

Absolute victory ... daily sacrificial choices that lead to lifestyle changes ... replacing the lies in our head with God's truths ... believing what God says about us. These are topics worth thinking about and believing in and putting into practice.
