

12/12/16
Week 51: Mission Feeding
Randy Robison and Sheila Walsh
Eileen Wilder

Randy: Welcome to *LIFE Today*. I am Randy Robison. Sheila Walsh is with me.

We have a great guest that is going to bless you today. She has got a book called *The Brave Body Method*. Sheila, I've got to ask you right now do you have a brave body?

Sheila: I was born in Scotland! I've course I've got a [Scottish accent] bra-ave body.

[Laughter]

Actually, I was fascinated when your book came across my desk. Before I dive into that, please, would you help us welcome Eileen Wilder? Welcome!

Randy: Great to have you back.

Eileen: Thank you!

Sheila: I think you were here with one of my dearest friends in the world, Lisa Bevere. How did your paths cross?

Eileen: Lisa came in and spoke at our church. She just is amazing and resonates with so many women out there; and is just fantastic and really affected my life in a very powerful way through her own writing. And just being around her, you kind of come up a little bit higher.

Randy: We are glad that she introduced you to us.

Eileen: I'm so grateful.

Randy: Let's dive right into this because as a guy there are some things that men are not always aware of, what is going on with women in their self-image and the way that manifests. So educate me a little bit here as to what it is that you're saying that is resonating with so many women?

Eileen: I wish I knew myself why it is such a prevalent issue across young and old; but body image and self-consciousness around our weight and around how we appear, and just how we're coming across to people. It seems to be a really big issue. I know it was for me.

Sheila: Take us back, though to your story because you sit here and you're obviously a really beautiful woman. I wonder, at what point did you look in a mirror and see something that you didn't like?

Eileen: When I was in college and I was 20 years old I had actually fallen into a season of eating disorders. I was anorexic, and I swung the other way to bulimia. I remember sitting one day in my college dorm room, I was 35 pounds overweight, and I had so much disordered eating and just looking at myself in the mirror and being so frustrated and so angry really, at myself for not being more, for not being more disciplined. I felt like I was such a failure in so many areas of my life. So when I looked at that image in the mirror I was so disgusted with what I saw. I actually remember hitting my forehead against this mirror over and over and over because I just wanted to see something different. I wanted to be something different. I felt like if this is how I feel about myself this has got to be how God must also feel.

Sheila: That's hard because I think -- I hear my own story in your story. But for me it was like... I bought every new diet book out there. In fact, my pastor once said to me, "If you just carry all of your diet books up and down the stairs a couple of times you'll be fine."

[Laughter]

But I would start something new and a new journal and then you just fail and fail and fail, and that adds to it.

Randy: Where does that come from? Because I know God doesn't look at you guys and see all the negative things that you see. That's true for any of us. Is that men that put this on women? Or is this something that is sort of innate in them or is it strictly the enemy? Where do you think that comes from?

Eileen: It is interesting. I think being in a fallen world where we're recovering from this condition and we're journeying and learning from Christ how to be that new creation but I do believe culture also provides an atmosphere of a lot of pressure. I remember reading a statistic one time that said 68 percent of women feel disgusted with themselves after watching commercials. So it's just reflected in the culture of what we should be, what we should look like, the perfect weight, the perfect -- I mean the veneer of the perfect woman and none of us live up to that.

Sheila: And sometimes it's just the feedback you get too. I was sad when I read in your book that you were just 15 when you kind of got in this roller coaster and diet pills. But the harsh payoff is if you do lose the weight and you are thin then you get a lot of positive feedback and it is almost encouraging behavior that is actually harming you.

Eileen: Yes! That is very, very true. I remember getting a lot of attention, especially from guys around school and it does create that I have to live up to this in order to mean something to somebody else.

Randy: Not always the kind of attention you need though.

Eileen: No! Agreed!

Sheila: Spoken like a father.

Randy: Of two girls, yes. What are the steps that you see someone can take to start dealing with this if they're struggling with that self-image?

Eileen: I felt like it took me forever to figure out these steps. I remember reading so many books and research and seeing doctors. I felt like it took so long for me to distill down some of the things I write about. But the first step I feel like is for people to know who they are in Christ. I think that's the foundational principle because the real struggle, the dissonance is we do not see ourselves the way God sees us. But if we can bridge that gap, if we can start to renew our mind, start to get a glimpse of how God really sees us, it is mind-blowing.

Randy: You mentioned that I have two girls. I can't imagine how God just hurts when his girls don't like the way they look or think less of themselves because God is a Father. I can't tell you how gorgeous my girls are to me.

Sheila: He has pictures in his office. I know how much you love your girls.

Randy: Sorry. Continue please.

Sheila: But I wanted to ask you, how do you begin that process? Because you've done what many of us have done, you've done the diets, you've done the pills, you've done everything. How did you actually begin to suddenly find yourself making the first step that actually made a difference?

Eileen: I think that the hinge point for me was taking intentional time to marinate in the promises of God. I remember sitting with Ephesians 3:10 where it talks about how we are God's masterpiece. I remember just studying that out. I studied out in Isaiah where he says: I want you to be so beautiful and prosperous as to be thought of as a royal diadem in the hand of your God.

So I remember just sitting under those promises and saying, "This is how you feel about me. This is what you're speaking over my life."

I remember hearing the voice of Jesus through those scriptures. But I think it took taking time to really engage with the word at a different level than I had before.

Randy: At what point does it go from hearing it, reading it, to actually believing it?

Eileen: I once read that the biggest motivator we have in our lives is actually disgust. It is actually when we hit a place of saying enough is enough. I don't want to live like this anymore. I don't want my past to keep rehearsing itself and repeating into my future. So I'm so tired of what I've been experiencing, I want something new. So I'm so disgusted with the past I'm going to position myself and posture myself in a different way before God. And I think that day that I hit my forehead over and over, I hit a place of disgust saying, "I don't want this anymore. Something has got to change."

Sheila: You have this little formula in the book. It's the word KISS but it is not keep it simple stupid; is it?

Eileen: No. That's another way.

[Laughter]

Sheila: Talk us through that.

Eileen: Yes. K stands for -- This is the first step is to know you're hot.

Sheila: Know you're hot? Now there's a word for a menopausal woman. Yes, I'm aware I'm hot! That's the problem.

[Laughter]

Eileen: That's right! It can mean different things for all us. This is really about seeing ourself; taking that intentional time to see how does the Father see us? As his daughters, how does the

Father see us in that royal stature? So this is all about know you're hot. So often we focus on what we're not but I think God wants to say, "Hey, daughter. Know that you're hot in my eyes."

And I stands for inflict damage. And this is all about using the weapons of our whispers; I call it to inflict damage on much of the darkness that has surrounded us, those lies that we have been believing, those mediocre truths. We haven't been living up to our potential. I believe there is so much power in the spoken Word of God.

And then S is to see the God painting, the third step. And this is about letting the Holy Spirit give us that blood pumping, exciting vision that he has for our future.

So this is the Holy Spirit, asking him to show me. The Bible says to call upon me and I will show you things you do not know. So he wants to show us how he sees us, that picture of the Father.

Randy: Or the God painting. So that's his image of you.

Eileen: Exactly. It's not like a worldly picture of what success may look like or --

Randy: Beauty.

Eileen: Or what beauty -- Lord, what is your vision for my life?

And the last step is to start before you're ready.

Sheila: Start before you're ready? That would be all of us. Start before we're ready.

Eileen: I think so often we wait to feel it before we take action and I think the Bible teaches there is so much power -- I mean two-thirds of God's name is go. Go! So start before you're ready.

Randy: There is a quote in your book that I wrote down because it is from Mother Teresa and it says, "Yesterday is gone. Tomorrow has not yet come. We have only today. Let us begin."

So I like what you're saying there because a lot of times we think, I'm not ready for that. I'm not able to do that. And that's where faith comes in. You have to step out because we are insufficient. But God is sufficient, and when we step out of that boat we find out if we're buoyant, if our eyes on Jesus.

Sheila: You know what I found the most encouraging thing in your whole book? You have this thing where you talk about exercise and you say, "Only ten minutes." I'm like, "Yes! Ten minutes! Fantastic!"

Talk to us about that. Is that just to get people to start?

Eileen: Part of it is. But I also was teaching in there about the seed principle. So God wants us to sow a seed in faith. So it's about faith-filled actions. So it's not about doing nothing and just praying for the Holy Spirit to give you like supernatural -- it's just going to drop off while you're falling asleep.

Sheila: Wouldn't that be nice?

Eileen: Yeah! This is about sowing a seed but saying, "God, I'm committing to you this ten minutes of exercise. Will you do something that only you can do? And I'm going to sow this seed but it is in faith."

So a lot of people, I have them start with ten minutes and then they want to do more but just start. Just start before you feel ready.

Randy: To play devil's advocate a bit, if God is interested in our inner beauty and the things more of the spirit, why is it even important to worry about weight or exercise?

Eileen: I think it is not about worrying about our weight, I think it is more about stewardship because the Bible says that we are the temple of the Holy Spirit. It's pretty crazy to think about you and I are a God pod. Everywhere you are going you're taking God, you're taking his presence. You are an opportunity waiting to happen on somebody else.

So he needs us to recognize that and to steward it with care. I think yes, we malnourish, we don't take care of ourselves because we don't recognize the sacredness of our body. It is a gift. It is a gift.

Sheila: So you think this book would help whether somebody is struggling with ten pounds or whether they find themselves watching this and thinking that all sounds great but I'm like 100 pounds overweight. Where would I even begin? Would this help both of those?

Eileen: I believe so because the Bible way is transformation from the inside out. So whether it is five pounds, three pounds, you don't have any weight to lose, you feel great, we all are being transformed from the inside out.

Romans 12:2 says: Be transformed. So be transformed five pounds or be transformed 165 pounds, be transformed by the renewal of your mind. God's way is from the inside out so it applies to all of us.

Randy: That scripture is a spiritual principle transforming our minds, renewing our minds. But as a proud graduate of Oral Roberts University, we know that God cares about our body, mind, and spirit. There is a “whole man” idea that I believe is correct. So these things that you're applying from a spiritual standpoint to the physical absolutely makes sense and absolutely holds up scripturally and work.

You have one thing you talked about that we should apply the 4:8 filter. Explain a little bit about how that works.

Eileen: Yeah, this scripture, this changed my life. This is based on Philippians 4:8: Whatsoever things are good or pure or perfect, of good report, whatever is praiseworthy think on these things. And the Amplified says to fix your mind on them.

What got me here is it's not optional. God's giving this prescription for an incredible life. I teach people to use the 4:8 filter like a spaghetti strainer on your head. Don't let any -- as much as you're able with the grace of God, don't let anything that's not pure or good or praiseworthy or of good report, don't meditate on those things but rather pivot and fix your mind on what's good. Not only good about God but what's good about you.

Sheila: I love that because I was talking to a friend the other week and she said, "I don't know how to meditate."

I said to her, "Well, do you know how to worry?"

She said, "Yes."

I said, "Then you know how to meditate. Just change what you're thinking about."

Because think how much time we spend fixating on what we don't like and what we're worried about. If somehow you can switch that around and begin meditating on the Word of God because so much in your book, Eileen is really about spiritual warfare and taking every thought captive and seeing yourself as the beautiful daughter that God has created you to be, that that would be our identity.

Eileen: Yes! That's it!

Randy: That's the heart of God. He wants us to see us as he sees us and not believe the lie. So I love what you're doing and I hope women will pay attention and learn and not just write you off as someone who has already achieved success and they're someone who can't.

Sheila: Can I ask a final question? Why did you call it *The Brave Body Method*?

Eileen: I believe it takes extreme bravery for any woman to rise up and believe that she is who God says she is, despite her emotions. To really lay down self-loathing, to stop playing nice to fear, to really just lay down any of that negative self talk that we experience, and really believe -- pivot and believe that you are who God says you are. To me, that's ultimate -- ultimate bravery.

Sheila: Yeah, I'm fascinated by this because I really think that so many of us as God's daughters do see ourselves in a negative light and we're identified by even just that we're "Barry's wife" or "Christian's mom," or any labels actually could be gone in a moment. But when you see yourself as "I'm Sheila Walsh daughter of the king of kings," that can never be touched and that's true.

When my son was a little boy when he would go to sleep at night I would say to him, once we said our prayers and I'd go to the bedroom door and I'd turn back around and say, "Which boy does Mommy love?"

And he puts his little hand on his face and he'd say, "This boy."

I began that as a habit. As a grown woman, every time I caught my reflection somewhere I'd say to myself, "Which girl does Jesus love? --This girl." Powerful!

Eileen: Because it is the truth.

Randy: Our emotions are fickle. They will change, they will fail us but the Word of God stands. We can build our life on it.

Sheila: I was just thinking even as Eileen was speaking there about the way that we take care of this temple that when we do that, I think one of the most natural outpourings is we want to say, "Lord, how can I help others who can't even begin to imagine such a thing?"

It is one of those things that you have helped us with more than anything else. I recently had a trip to Angola and I began to see the difference that you and I can make when we know who we are in Christ and because of that when we reach out in his name. Would you take a look at this?

On the mission field

Announcer: Even in the best of times the journey of life is rarely easy. This has been especially true for Paulina who as a mother of five children became a widow when her husband passed away in 2011. As a single mother living in poverty she provided for her children the best she could. But sadly, it wasn't enough.

>> My child was coming home from school and she started feeling of some fever. Then the next morning my child died. The second one also came home from school with a fever. Then we went to the hospital. We were given two tablets but nothing helped. So we started digging roots and boiling them for him to drink. It did not do anything. At last he died. I lost another child the same way six months later.

Sheila: We've sat with these little ones for quite some time today and they haven't moved. Even the food that she is able to provide, it's all starch, nothing that will help her children get strong which is why -- one of them, literally came home from school one day sick and by the next morning they were gone because these little ones have no reserves.

This little mother has told us that if there was a stairway right now that she could just walk up and go home to be with the Lord and take her little ones with her, she would go because she's already at three deposits in heaven.

If you've ever asked yourself, "Lord, I'd love to do something for you this year, what can I do?" Here's what we can do. We can take care of widows. We can take care of their children. Mission feeding is so important because what we provide is protein, it is vitamins, it is everything that these little ones need to give them some resistance. And then we can honor the fact that we don't love God only in what we say, we love God in what we do and how we obey his Word.

End of clip

In the studio

Randy: Sheila, having had the chance to go there and meet mothers like that and see children like that, what do you come away with, with the sense of what we need to do in response to that?

Sheila: Randy, I think the biggest thing that hits me, and this last trip in particular was A, how drastic the situation is right now in Angola. They're in one of the worst droughts ever. I watched

some of these mothers literally dig through roots to see if they could find anything that they would make a meal with.

But the other thing that was shocking to me was how easily you and I can make a difference. It takes so little. I was in one village where the children were literally dying and the next day I was in another village where we already have mission feeding set up and the difference was night and day.

Those little boys sat on that log, we were probably out there for two hours, they never moved. The next day we were in the village and they're like regular four- or five-year-old little boys. They were running around so excited full of life and that's what we want to do. We want to provide life and we can do it so easily, Randy!

Randy: And we've been doing this for many years and we know that it works. We know that it is effective. We are very efficient with the resources that you give to us to deliver to them, the food. So you can trust that when we set out to help these people and save these children's lives, we will do it.

When I tell you that your gift of \$30, \$50, or \$100 will help feed three, five, or ten children for three whole months, we know that because we've done it. But let me tell you, we need to keep doing it. Those children right now that are on the edge need our support. They need us to come into that emergency situation and sustain them until they can get back on their feet.

So what I'm asking you to do right now is go to the phone, dial the number on the screen, do the best that you can. Give the best gift you can toward mission feeding right now. You can give online, and don't forget as we're nearing the end of the year, if you're planning your giving, remember these kids. We'd be honored if you would trust us to continue feeding in those situations.

Sheila: And there's great news -- some great news, Randy! Some of the people who are our partners have said, "Listen. We want to help. We want to do more." So they've said they will put up \$400,000 as a matching gift. So that means if you give \$30 to feed three children you're actually going to be feeding six children for three whole months. If you give \$100 to feed ten, that will actually feed twenty children for three months.

Randy: We need you to join with us. It is a privilege to represent our savior around the world in word and deed. So go to the phones, go online right now and join us as we reach around the world in the nations of Africa to provide life and love.

Begin video clip

Announcer: In remote and impoverished villages of Africa children are suffering, desperately in need of life saving food, facing death by starvation.

LIFE's mission feeding program is there, ready now to feed and care for children in crisis areas of Angola, Mozambique, and Sudan. With all of our previous reserves gone, and Angola facing a record food shortage due to crop failure, we need to immediately replenish our funding and supplies for our feeding programs.

As an answered prayer, a group of *LIFE's* friends have set a \$400,000 matching gift challenge for mission feeding! This means your gift today could have a double impact! \$30 for three children will be doubled to help feed six children! \$50 to help five children will be doubled to save ten children! And \$100 for ten children will be doubled to help feed 20 children! And don't forget, your \$1400 gift to sponsor a school will now be doubled to feed children in two schools!

With your gift of any amount, we'll send you *Without Rival* by author Lisa Bevere. With your double impact gift of \$100 or more please request *The Complete Illustrated Children's Bible*. Finally, please consider a gift of \$1000, which will now be doubled to help feed 200 children and you may request our beautiful Majesty bronze sculpture.

Please call, write, or make your gift online today!

End of clip

On the mission field

Betty: I looked at this line of children here and I thought how can you not be touched? God's touched. He cares about them.

I just visualized some of my grandchildren's faces on these children and I think, what if that was one of them? I would want somebody to come in and give them a bowl of soup. I would want somebody to care about them.

Well, these children matter. They matter to God a whole lot. I know that your heart must be touched as you look at these lines of children, look at their little innocent faces. They don't have a choice. They depend on someone. Can that someone be us? I want it to be me.

Thank you so much for caring and sharing and having a heart to reach out to those that are needy because that's God's heart and that's good.

End of clip

In the studio

Randy: I appreciate you going to the phones and going online right now. I've got something for you. If you've enjoyed today's program and you're interested in Eileen Wilder's book, *The Brave Body Method*, we need some brave bodies out there.

Sheila: Yes we do! We need some brave women out there!

Randy: Ask for it today when you call, when you make that gift, request that book. We'd love to send it to you.

Sheila: Oh, yeah! And would you please help us thank our guest? Thank Eileen Wilder for your amazing method, your amazing story!

And we just want to say again, thank you so much for helping us! It makes all the difference in the world.

Randy: Join us again next time!