

A close-up photograph of a woman's hands holding a rustic, light-colored ceramic mug. The woman's face is partially visible in the background, looking down. The lighting is soft and natural, highlighting the texture of the mug and the woman's skin.

# 6 Strategies *to combat* *Body* *Shame* *for Christian* *Women*

What percentage\* of your day is spent thinking about weight, shape or food?

The higher it is, the less space there is to think on things that are *life giving* (Phil 4:8). That build us up, fill us up and overflow to those around us.

Get a little righteous anger going at what has been stolen and claim that mind real-estate back.

Try one of these 6 strategies today. Free up space for the Spirit to move and experience body shame start to unravel. Let's make space for what matters most.

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### 3 Strategies to Combat Body Shame

1

**Practice receiving the Father's love.** When we ask Him to show us how vast His love is for us (Eph 3:16-19), He delivers. Little abiding times add up! Listen to worship music or the Bible while doing daily things. Pray away worries. Be still and receive even if only while you wait for the microwave to ding or the tub water to run warm. Inhale Him. Exhale ourselves.

2

**Capture thoughts (2 Cor 10:5) about body shame. CROSS and TOSS.** Visualize searing these lies with a cross and tossing them back to the pit where they came from. Then, fill the void with His goodness: Engage in **praise. Worship** with music. **Pray** for a fresh fill of the Holy Spirit. Replace the lie with a **truth** from scripture. Say as many **names of Jesus** you can think of, out loud.

3

**Memorize verses that counteract the enemy's accusations.** These will come back to you right when you need them. And if only in part (like always happens for me), search for the full verse on your Bible app. Try memorizing a verse while doing a regular chore, like when the floor gets washed or while walking to the bus stop. Speak it so it sinks in deep and others hear it too. And then look for the echo in your or others' hearts.

**Here are some verses to start.** Underline or highlight them in your Bible as they are memorized. Over time you will see all that you have added to your arsenal.

- **Psalm 139:13-14** For you created my inmost being; you knit me together...
- **Jeremiah 29:11** "For I know the plans I have for you," declares the Lord, "... to give you hope..."
- **Ephesians 3:16-19** ...He may strengthen you...grasp how wide and long...is the love of Christ...
- **Psalm 16:8** I have set the Lord continually in front of me...I will not be shaken.
- **Psalms 46:10** Cease striving and know that I am God...
- **1 John 4:4** ...greater is He who is in you than he who is in the world.
- **Jerimiah 3:25** I will refresh the weary and satisfy the faint.
- **John 10:10** The thief comes to kill, steal and destroy, but I come that they may have life...
- **2 Timothy 1:7** For the Spirit...does not make us timid, but gives us power, love...
- **Ephesians 3:20-21** ...Him who is able to do immeasurably more than we can ask or imagine...

## Do-today Strategies to Combat Body Shame

4

Where is your hot spot to experience body shame? In front of a mirror? In the kitchen? Scrolling on your phone?

**CLAIM OVER SHAME** Let's CLAIM God's promises OVER body SHAME. Because shame never comes from Him (Romans 8: 1 - 3).

Using sticky notes for verses isn't a new idea but it is effective if we keep changing them up.

**Write a promise (see #3 for ideas) and place it where you need to be reminded of His promise to you.** Perhaps this will be a strategy to put it to memory as we replace lies with truth.

5

**Make a personal pact to not comment on another person's weight. Ever.**

Ours hearts are certainly well meaning but if we were the recipients of weight compliments, deep down we know the compliments fuel our striving not our living life to the full.

Us women do not interpret these words as positive past the moment. It reinforces to us we 'didn't look good before. And since the chance of gaining intentionally lost weight back within a year is about 95%, our good intentions could add to body shame in the future too.

We also do not know why someone lost weight. They may be ill.

Instead, let's **switch to comments on the fruits of the Spirit that we see.** How they inspire us or how their countenance is encouraging. This is life giving. And isn't that what we meant to do?

6

**Throw out your scale.**

Actually. Not stashed in the back of the closet. Thrown. Out.

Here's the test: is it life-giving or does it fuel striving and shame?

Really, *what right does a piece of metal have to determine our mood for the day?*

You know, I'm just thinking of this now....before you hop on a scale, you don't know if you will be happy or shamed. You open a Bible, and we can know going in, that we will be uplifted if we allow it. **Let's allow the right tool to determine our mood and fill our cup.**



We need to push back (James 4:7) to have peace. And protect it, by abiding in His love.  
The more we know His love, the less leverage for body shame.

I've been there but the **hope** is, we don't have to stay there.

**Share** how a strategy has worked for you [@janecurryweber](https://www.instagram.com/janecurryweber). You will spur on another.  
Or wouldn't it be fun to **post a picture** of life-giving sticky notes or a scale in the trash?  
Let's start a **revival of hearts** that really know His love.  
*And kick body shame to the curb.*

Find Peace and authentic connection as we nourish both body and soul. Together.  
There's always room for one more. Join the conversation.

**Visit [www.janecurryweber.com](http://www.janecurryweber.com) for more inspiration**



If 80-90% of our day is spent thinking about weight, shape or food, that is too much. A professional experienced in eating issues can help. Start with a doctor or primary health care provider if you do not know where to turn.