

lysa terkeurst made to crave

Lysa TerKeurst Made to Crave: Embracing a Life of Intentional Fulfillment

lysa terkeurst made to crave is more than just a catchy phrase; it represents a transformative journey toward understanding our deepest desires and aligning them with a purposeful life. As a bestselling author and speaker, Lysa TerKeurst has touched millions by offering insights that challenge conventional thinking about cravings—whether these cravings are for food, purpose, or spiritual fulfillment. Her book, "Made to Crave," has become a cornerstone for those seeking to break free from unhealthy patterns and embrace a lifestyle marked by intentionality and grace.

In this article, we'll explore the core themes of Lysa TerKeurst's "Made to Crave," uncover why it resonates with so many, and delve into practical ways to apply her teachings in everyday life. Whether you're familiar with Lysa's work or just discovering it, there's something deeply enriching about her approach that invites everyone to crave the right things in the right way.

What Is "Made to Crave" About?

At its essence, "Made to Crave" is a spiritual and psychological guide that addresses why many people struggle with cravings—especially related to food and emotional satisfaction—and how these cravings point toward a deeper longing for connection and purpose. Lysa TerKeurst encourages readers to recognize that cravings aren't inherently bad; rather, they are indicators that something essential is being sought.

The book blends personal anecdotes, biblical wisdom, and practical tools to help readers reframe their relationship with cravings. Instead of fighting cravings with sheer willpower or guilt, Lysa invites a compassionate and faith-based approach that leads to lasting transformation.

The Spiritual Foundation of Cravings

One of the unique aspects of Lysa TerKeurst's perspective is her integration of spirituality into everyday struggles. She emphasizes that cravings often reflect a spiritual hunger—a desire for God's presence, peace, and purpose. This insight shifts the focus from merely controlling behavior to understanding the heart's deeper needs.

Through relatable storytelling, Lysa helps readers see that when we try to satisfy our cravings with temporary fixes—like food, approval, or distractions—we miss out on the true fulfillment that comes from aligning with God's design for our lives.

Why "Made to Crave" Appeals to So Many

The popularity of "Made to Crave" stems from its honest, relatable voice and practical wisdom. Lysa TerKeurst writes as someone who has walked the difficult road of emotional and physical struggles, making her guidance feel authentic and accessible. Readers appreciate that she doesn't offer quick fixes or shame-based advice but instead provides a roadmap grounded in grace.

The book also resonates because it goes beyond dieting or weight loss. It addresses the whole person—mind, body, and spirit—offering a holistic approach that many find missing in typical self-help or wellness literature.

Key Principles from Lysa TerKeurst Made to Crave

Understanding the foundational principles behind "Made to Crave" can help you apply its lessons more effectively. Here are some of the core ideas that Lysa TerKeurst highlights:

1. Cravings Are a Signpost to Our True Desires

Rather than fighting cravings as enemies, Lysa encourages us to view them as clues. What are we truly longing for? Is it comfort, love, peace, or acceptance? Identifying these underlying needs enables us to seek healthier ways to fulfill them.

2. Our Bodies Are Designed to Be Nourished and Honored

"Made to Crave" emphasizes the importance of respecting the body as a temple. This means cultivating habits of nourishment, rest, and self-care rather than punishment or extreme dieting. When we honor our bodies, cravings lose their power to control us.

3. Spiritual Alignment Brings Lasting Change

True transformation, according to Lysa, isn't about external control but internal renewal. By aligning our desires with God's intentions, we experience freedom from destructive cravings and find joy in the process.

4. Grace Over Guilt

One of the most comforting messages in "Made to Crave" is the invitation to approach struggles with grace. Instead of beating ourselves up over setbacks, Lysa advocates for extending kindness and patience to ourselves, fostering a healthier mindset.

Applying Lysa TerKeurst Made to Crave in Daily Life

Understanding the principles behind "Made to Crave" is one thing; putting them into practice is another. Here are some practical tips inspired by Lysa TerKeurst's work that can help you live out the message of craving well:

Practice Mindful Awareness

Start paying attention to when cravings arise and what triggers them. Are you feeling lonely, stressed, or disconnected? Mindfulness helps create a pause between the craving and the response, opening the door to healthier choices.

Develop a Daily Spiritual Routine

Whether it's prayer, meditation, journaling, or reading scripture, cultivating a spiritual practice can redirect your cravings toward lasting fulfillment. Lysa TerKeurst made it clear that spiritual nourishment fuels emotional and physical well-being.

Create a Supportive Environment

Surround yourself with people and resources that encourage your journey. This might include accountability partners, small groups, or online communities centered around holistic wellness and spiritual growth.

Set Realistic and Compassionate Goals

Avoid setting yourself up for failure with unrealistic expectations. Instead, adopt goals that honor your unique journey and progress. Celebrate small victories and learn from challenges without harsh judgment.

The Impact of Lysa TerKeurst's Work Beyond "Made to Crave"

Lysa TerKeurst's influence extends well beyond her book. Her ministry, speaking engagements, and other writings continue to inspire individuals seeking transformation in various aspects of life. Her approach to craving, self-worth, and purpose has sparked conversations about mental health, spiritual growth, and wellness in faith communities worldwide.

She also addresses topics like emotional healing, forgiveness, and resilience, making her a trusted voice for those navigating life's complexities with faith as their anchor.

Books and Resources to Explore

If "Made to Crave" resonates with you, consider exploring some of Lysa TerKeurst's other works that complement her teachings:

- **"Uninvited"** – A powerful look at overcoming rejection and finding acceptance.
- **"The Best Yes"** – Guidance on making decisions that honor God and your well-being.
- **"It's Not Supposed to Be This Way"** – Finding hope amid life's disappointments.

Each of these books expands on themes of craving for deeper connection and purpose, helping readers grow holistically.

Why "Made to Crave" Still Matters Today

In a world saturated with quick fixes, fad diets, and superficial solutions, Lysa TerKeurst's "Made to Crave" offers a refreshing alternative grounded in authenticity and spirituality. It reminds us that cravings are part of the human experience but don't have to dictate our lives.

Instead, by understanding and redirecting our cravings toward what truly nourishes us—body, mind, and spirit—we can cultivate a life of intentional fulfillment. Whether you are struggling with food, emotional needs, or a sense of purpose, Lysa TerKeurst's *Made to Crave* invites you to embark on a journey of grace-filled transformation that honors your whole self.

Through her compassionate voice and practical wisdom, the message remains clear: we were made to crave something better, and that something is within reach when we align ourselves with truth and love.

Frequently Asked Questions

What is the main theme of Lysa TerKeurst's book 'Made to Crave'?

The main theme of 'Made to Crave' is finding spiritual fulfillment and strength through faith while addressing struggles with food, cravings, and self-control.

How does Lysa TerKeurst integrate faith into the message of 'Made to Crave'?

Lysa TerKeurst integrates faith by encouraging readers to rely on God's strength and guidance to overcome cravings and develop a healthier relationship with their bodies and food.

Is 'Made to Crave' suitable for people who are not struggling with weight issues?

Yes, 'Made to Crave' is suitable for anyone interested in spiritual growth and learning to align their desires with God's purpose, not just those struggling with weight or eating habits.

What kind of practical advice does Lysa TerKeurst offer in 'Made to Crave'?

Lysa TerKeurst offers practical advice such as developing daily spiritual habits, renewing the mind through scripture, and creating healthy lifestyle changes rooted in faith rather than just diet culture.

Has 'Made to Crave' inspired any related study guides or devotional materials?

Yes, 'Made to Crave' has inspired various study guides and devotional materials designed to help readers engage more deeply with the book's themes and apply its teachings in daily life.

Additional Resources

Lysa TerKeurst *Made to Crave: A Deep Dive into the Impact and Insights of a Transformative Work*

lys terkeurst made to crave has become a significant reference point in the realm of Christian self-help and spiritual growth literature. Since its release, the book has resonated with countless readers seeking to reconcile their struggles with food, body image, and emotional fulfillment from a faith-based perspective. This article explores the essence of Lysa TerKeurst's "Made to Crave," examining its thematic core, practical applications, and the broader conversations it has sparked within Christian communities and beyond.

Understanding the Core Message of Made to Crave

At its heart, "Made to Crave" is not merely a diet book or a guide to weight loss. Instead, it is a spiritual exploration aimed at helping readers understand the deeper cravings that drive their behaviors—particularly those related to food and satisfaction. Lysa TerKeurst, a well-known author and speaker, frames the act of craving as a metaphor for humanity's innate desire for God and true contentment.

The central thesis posits that many people turn to food or other external comforts to fill an internal void that only spiritual fulfillment can satisfy. By addressing these cravings through biblical principles, TerKeurst offers a pathway for transformation that integrates faith, emotional health, and practical lifestyle changes.

Faith-Based Approach to Cravings and Eating Habits

One of the distinguishing features of "Made to Crave" is its foundation in scripture. Readers encounter a narrative that encourages reliance on God's strength rather than willpower alone to overcome unhealthy attachments to food. This approach differentiates TerKeurst's work from secular self-help books by emphasizing spiritual disciplines such as prayer, meditation on God's word, and community support.

The book also challenges traditional diet culture by reframing the conversation around food. Instead of focusing exclusively on calories or physical appearance, TerKeurst invites readers to examine their hearts and motivations. This perspective encourages a holistic view of health, balancing physical, emotional, and spiritual well-being.

Impact and Reception Within Christian Circles

"Made to Crave" has sparked vibrant discussions in churches, small groups, and online forums. Its reception reflects a hunger for resources that address real-life struggles with authenticity and grace. Many readers report feeling seen and understood, finding hope in the message that they are not alone in their battles with food and self-image.

From a community standpoint, the book has inspired numerous study groups and workshops, often incorporating interactive elements such as journaling prompts, scripture memorization, and accountability partnerships. These group dynamics enhance the book's practical impact by fostering connection and shared growth.

Comparing Made to Crave with Other Faith-Based Wellness Books

When placed alongside other Christian wellness literature, "Made to Crave" stands out for its narrative sincerity and theological depth. While some works focus primarily on nutrition or exercise, TerKeurst's book integrates emotional and spiritual dimensions in a way that resonates deeply with readers seeking comprehensive change.

For instance, compared to titles like "Every Body Matters" by Gary Thomas, which emphasizes honoring God through physical care, "Made to Crave" places a stronger emphasis on the internal motivations behind eating habits. This distinction offers readers varied pathways within Christian wellness to suit different needs and temperaments.

Practical Features and Tools in Made to Crave

Beyond its theological insights, "Made to Crave" provides readers with practical tools to implement its teachings. The book includes action steps such as:

- Identifying personal triggers for emotional eating
- Developing a personalized prayer strategy to combat cravings
- Setting realistic and faith-aligned goals for health and wellness
- Incorporating scripture memorization for spiritual reinforcement
- Engaging with community support for accountability and encouragement

These features make the book not just a source of inspiration but also a functional guide for ongoing transformation.

Pros and Cons of the Made to Crave Framework

Like any influential work, "Made to Crave" has its strengths and limitations. Among the advantages are its compassionate tone, integration of faith and practical advice, and encouragement of a balanced approach to health. Readers who resonate with Christian spirituality often find the book empowering and relatable.

On the other hand, some critics point out that the book's faith-based framework may not appeal to those outside evangelical circles or individuals seeking purely secular methods. Additionally, while the book addresses emotional and spiritual aspects of cravings, it may not delve as deeply into clinical or psychological treatment options for eating disorders, which sometimes necessitate specialized interventions.

The Broader Cultural Relevance of Made to Crave

In a culture saturated with conflicting messages about body image, diet trends, and self-worth, "Made to Crave" offers a counter-narrative that emphasizes identity and satisfaction rooted in spirituality. This positioning has extended the book's influence beyond strictly religious audiences to those interested in holistic wellness and mental health.

Moreover, Lysa TerKeurst's transparent storytelling—sharing her personal struggles with weight and cravings—adds credibility and relatability to the book's message. This authenticity has helped normalize conversations around topics that are often taboo or stigmatized.

How Made to Crave Fits into Lysa TerKeurst's Larger Body of Work

"Made to Crave" is a key part of TerKeurst's broader mission to encourage women in their faith journeys through honest writing and practical wisdom. Known for titles such as "The Best Yes" and "Uninvited," TerKeurst consistently addresses themes of emotional resilience, spiritual growth, and navigating life's challenges with grace.

By focusing on cravings and health, "Made to Crave" complements her other works by addressing a specific facet of well-being that impacts many readers' daily lives. This synergy strengthens her overall influence as a trusted voice in Christian literature.

In summary, Lysa TerKeurst's "Made to Crave" offers a meaningful exploration of the intersection between faith, food, and fulfillment. Its balanced integration of scripture, personal testimony, and practical guidance provides a unique resource for those seeking to transform their relationship with cravings and cultivate deeper spiritual satisfaction. As conversations around wellness continue to evolve, the book remains a relevant and insightful contribution to the dialogue on holistic health and faith-based living.

Lysa TerKeurst Made To Crave

lysa terkeurst made to crave: Made to Crave Participant's Guide Lysa TerKeurst, 2011-01-18 Craving isn't a bad thing, but God created us to crave so we'd ultimately desire more of Him in our lives. Many of us have misplaced that craving, overindulging in food instead of lasting spiritual satisfaction.

lysa terkeurst made to crave: Made to Crave Devotional Lysa TerKeurst, 2012-01-21 Most of us know "how to" get healthy. Where things often fall apart is with our "want to." In Lysa TerKeurst's book *Made to Crave*, she helps women find the missing link between our desire to be healthy and the spiritual empowerment necessary to make that happen. But when French fries are so close and God feels so far away, we need more than nineteen chapters to stay motivated and on track. That's why Lysa wrote this daily devotional with sixty inspirational entries. There is plenty of new material not in the original book, as well as your favorite nuggets of wisdom from *Made to Crave*. In this devotional you will find: A daily opening Scripture Thought for the Day Devotion Closing prayer Just like the *Made to Crave* book, this *Made to Crave Devotional* is not a how-to-get-healthy book. It is the road to finding the lasting "want to" that extends far beyond the surface issues of weighing less and wanting to wear a smaller clothes size. There's a spiritual battle going on. It's real. And it's amazing how perfectly the Bible gives us specific ways to find victory over our food struggles. Even for girls who don't crave carrots.

lysa terkeurst made to crave: *Made to Crave for Young Women* Lysa TerKeurst, Shaunti Feldhahn, 2012 A guide for teens offers advice on directing cravings for such items as shoes, popularity, and chocolate toward God and heavenly things in order to discover true happiness.

lysa terkeurst made to crave: Made to Crave Bible Study Participant's Guide Lysa TerKeurst, 2013-04-24 God created us to crave more of Him in our lives. . .but it's so easy to misplace that craving, overindulging in physical pleasures instead of lasting spiritual satisfaction. What would happen if you started listening to your cravings for your Creator? In this Participant's guide (designed for use with the *Made to Crave* DVD, sold separately), bestselling author Lysa TerKeurst will teach you how to identify your cravings and understand how they point you up to God. For a woman struggling with unhealthy eating habits, *Made to Crave* will equip you to: Break the 'I'll start again Monday cycle' and start feeling good about yourself today. Stop beating yourself up over the numbers on the scale and make peace with the body you've been given. Discover how weight loss struggles aren't a curse but, rather, a blessing in the making. Replace justifications that lead to diet failure with empowering go-to scripts that lead to victory. Eat healthy without feeling deprived. Reach a healthy weight goal while growing closer to God through the process. *Made to Crave* session titles include: Session 1: From Deprivation to Empowerment Session 2: From Desperation to Determination Session 3: From Guilt to Peace Session 4: From Triggers to Truth Session 5: From Permissible to Beneficial Session 6: From Consumed to Courageous Bonus Session: Moving the Mountain The *Made to Crave* Participant's Guide is designed for use with the *Made to Crave* DVD.

lysa terkeurst made to crave: Made to Crave Study Guide with Dvd Lysa TerKeurst,

2012-02-11 In this six-session video study, Lysa TerKeurst helps women realize God created us to crave so we'd ultimately always desire more of Him in our lives. Many of us have misplaced that craving towards overindulging in physical pleasures rather than the desires God gave us to consume food - without letting food consuming us!

lysa terkeurst made to crave: Made to Crave Action Plan Study Guide Participant's Guide Lysa TerKeurst, Ski Chilton, 2013-04-24 Implement a long-term plan of action for healthy living. In this six-session small group bible study (DVD/digital video sold separately), bestselling author Lysa TerKeurst helps you discover how to put into action what you learned through the Made to Crave book and small group study. Trying to get healthy can seem overwhelming and complicated. Eat carbs... don't eat carbs. Eat fish... don't eat fish. Pay attention to calories... don't pay attention to calories. All this conflicting information can be daunting and confusing. The Made to Crave Action Plan makes it all clear. You'll be encouraged by Bible teachings from Lysa, uplifted by testimonies from women like Christian music chart-topper Mandisa, and empowered with healthy living tips from Dr. Ski Chilton, an expert in molecular medicine - all while charting a permanent course for successful, healthy living. This curriculum will help women who found their "want to" by participating in the Made to Crave study master the "how to" of living a healthy physical life as well as cultivate a rich and full relationship with God. Sessions include: TAKE ACTION: Identify Your First Steps (27:00) EAT SMART: Add Fish and Increase Fiber (26:00) EMBRACE THE EQUATION: Exercise and Reduce Calories (30:00) MAXIMIZE KEY NUTRIENTS: Increase Nutrient-Rich Fruits and Veggies (29:00) PRACTICE THE FIVE PRINCIPLES: Keep Working Your Plan (24:00) MAKE A COURAGEOUS CHOICE: Direct Your Heart to Love and Perseverance (25:00) Designed for use with the Made to Crave Action Plan Video Study (sold separately), to further encourage group discussion, document your personal journey toward healthy living, and to reference the quick healthy living tips that will help make your journey a success.

lysa terkeurst made to crave: Made to Crave Zondervan, 2011-01-18 Has food become more about frustration than fulfillment? Take the 21-day challenge and discover how to: * Break the cycle of 'I'll start again on Monday,' and feel good about yourself today. * Stop agonizing over numbers on the scale and make peace with your body. * Replace rationalizations that lead to diet failure with wisdom that leads to victory. * Reach your healthy goals and grow closer to God through the process. This ebook is not a how-to manual or the latest, greatest dieting plan. But rather a helpful companion to use alongside whatever healthy eating approach you choose---a Bible study to help you find the 'want to' in how to make healthy lifestyle changes. And if you find this 21-day devotional helpful then you will love Lysa TerKeurst's full-length book, Made to Crave.

lysa terkeurst made to crave: Made to Crave Action Plan Study Guide with Dvd Lysa TerKeurst, Ski Chilton, 2012-02-07 A follow-up to the New York Times bestselling book and group study---Made to Crave---this six-session video-based study will help women who found their 'want to' in the Made to Crave study master the 'how to' of living a healthy physical life as well as a rich and full relationship with God.

lysa terkeurst made to crave: Made to Crave for Young Women Lysa TerKeurst, Shaunti Feldhahn, 2012-03-06 What do you crave to make you happy? ... every day is filled with things we want and crave. Things that will make us feel good at least for a moment. But what happens when that moment is gone and the need returns? There's nothing wrong with wanting certain things, but God didn't create us to rely on those things to make us happy. He created us to crave Him, and a happiness that lasts. In this teen adaptation of the bestselling Made to Crave, the deep emotional, physical, and material cravings you face are explored---desires that can turn into spending too much, over- or under-eating, needing a boyfriend, or more. Through real-life stories and support from people who have been where you are, you will also discover how to truly crave God and the love and comfort He wants us to have, and how craving heavenly things can make the earthly cravings easier to overcome. You were made to crave more than this world has to offer.

lysa terkeurst made to crave: The Best Yes Bible Study Guide Lysa TerKeurst, 2014-08-19 Do you spend a lot of time figuring out how to manage your time? New York Times best-selling

author Lysa TerKeurst will guide you and your group through how to make wise decisions in the midst of endless demands and overwhelmed schedules. Most of us spend a lot of our lives figuring out when to say yes and how to say no—dwelling on how to reduce stress, do your best for your family, and find a little slice of time for yourself along the way. Lysa was in the same place until she learned the power of the best yes: the choice that shapes all other choices and the key to living wisely. In this six-session video Bible study (DVD sold separately), Lysa TerKeurst uses her signature mix of transparency, Bible-based insight, and been there humor to suggest usable strategies for making wise decisions day by day. The Best Yes will help you and your group: Cure the disease to please with a biblical understanding of the command to love. Escape the guilt of disappointing others by learning the secret of the small no. Overcome the agony of hard choices by embracing a wisdom based decision-making process. Rise above the rush of endless demands and discover your best yes today. Designed for use with The Best Yes Video Study (97801400205943), sold separately.

lysa terkeurst made to crave: Uninvited Bible Study Guide plus Streaming Video Lysa TerKeurst, 2022-09-13 Do you ever feel left out, lonely, less than loved? Most of us have. Many of us do now... Sometimes you simply need to be reminded how loved you really are—that every day, with every breath, you are loved with such precision that every hair, every molecule of you is known, counted, invited, and welcomed. This six-session video study guide (video streaming included) is that reminder. Best-selling author and speaker Lysa TerKeurst will walk you through the Holy Land in order to come closer to Jesus' words that will help you enter a place of healing and new perspective. You and your group are invited to: Explore the roots of rejection and learn practical ways to process your pain in a safe space. Dwell on the majestic declarations of God's love in the Bible. Discover a deep assurance of your adoption into Christ's family that leads to new life. Be a part of this biblical learning process of living loved. Uninvited will remind you and your group that you are destined for a love that can never be diminished, tarnished, shaken, or taken—a love that does not reject or uninvite. This study guide has everything you need for a full Bible study experience, including: The study guide itself—with discussion and reflection questions, video notes, and a leader's guide. An individual access code to stream all six video sessions online (DVD also available separately). Sessions and video run times: Living Loved (25:30) Empty or Full? (15:30) The Yoke of God is Freedom (16:00) Set Apart (12:30) Remembering God's Presence (24:00) Lessons from the Olive (21:00) Bonus Session: Review and Celebration (no video) Watch on any device! Streaming video access code included. Access code subject to expiration after 12/31/2027. Code may be redeemed only by the recipient of this package. Code may not be transferred or sold separately from this package. Internet connection required. Void where prohibited, taxed, or restricted by law. Additional offer details inside.

lysa terkeurst made to crave: Made to Crave Action Plan Lysa TerKeurst, Ski Chilton, 2011 In this six-session small group bible study (DVD/digital video sold separately), Lysa Terkeurst's follow-up to the New York Times bestseller, Made to Crave, Lysa helps you discover how to put into action, those things you learned through the Made to Crave book and small group study. Trying to get healthy can seem overwhelming and complicated. Eat carbs... don't eat carbs. Eat fish... don't eat fish. Pay attention to calories... don't pay attention to calories. All this conflicting information can be daunting and confusing. But it all becomes clear in the Made to Crave Action Plan. It will help you implement a long-term plan of action for healthy living. You'll be encouraged by Bible teaching from Lysa, uplifted by testimonies from women like Christian music chart-topper Mandisa, and empowered with healthy living tips from Dr. Ski Chilton, an expert in molecular medicine - all while charting a permanent course for successful, healthy living. This curriculum will help women who found their want to by participating in the Made to Crave study master the how to of living a healthy physical life as well as cultivate a rich and full relationship with God. Made to Crave Action Plan gives women of all ages Biblical encouragement for both their physical and spiritual journeys plus healthy living tips for use in their everyday lives. Sessions include: TAKE ACTION: Identify Your First Steps (27:00) EAT SMART: Add Fish and Increase Fiber (26:00) EMBRACE THE EQUATION: Exercise and Reduce Calories (30:00) MAXIMIZE KEY NUTRIENTS: Increase Nutrient-Rich Fruits

and Veggies (29:00) PRACTICE THE FIVE PRINCIPLES: Keep Working Your Plan (24:00) MAKE A COURAGEOUS CHOICE: Direct Your Heart to Love and Perseverance (25:00) Designed for use with the Made to Crave Action Plan Video Study (sold separately), to further encourage group discussion, document your personal journey toward healthy living, and to reference the quick healthy living tips that will help make your journey a success.

lysa terkeurst made to crave: 40 Days Through the Bible Lysa TerKeurst, 2022-02-15 Find the better you've been longing for in the pages of God's Word. Lysa TerKeurst and the Proverbs 31 ministry team have come together to write a Bible study that will show you how God's promises fulfill our deepest longings. We know the Bible is a big book and can oftentimes feel overwhelming. Lysa and Proverbs 31 team have created an eight-week study that will help you understand the story of the Bible, from start to finish, along with its amazing promises. In 40 Days Through the Bible: The Answers to Your Deepest Longings, you will: Take a journey through the storyline of the Bible in 40 days so you can see major themes, how they are all connected and what that means for us as we read the Bible today. Discover the eight major things humanity longs for and how Jesus fulfills all of them for us. Stop the endless cycle of seeking and searching for satisfaction and find the answers to your deepest longings. For the next 40 days, we'll be feasting on the very thing Jesus used to defeat the enemy at the end of His 40 days of fasting: the Word of God. —Lysa TerKeurst

lysa terkeurst made to crave: I'll Start Again Monday Lysa TerKeurst, 2022-01-04 *I'll Start Again Monday is a newly revised and condensed version of Lysa's bestseller Made to Crave.* Have healthy eating plans left you feeling defeated? Based on her bestseller Made to Crave, Lysa TerKeurst offers a new perspective to all those stuck in the cycle of losing weight and then gaining it back, equipping you with the deeper spiritual and emotional motivation you need to make lasting changes. So often we characterize our food cravings as bad, especially when dieting has made us feel even more disappointed and discouraged. But the reality is we were made to crave. We just need to realize God created us to crave more of Him instead of misplacing that craving by overindulging in physical pleasures and unhealthy choices that will never truly satisfy. In the midst of her own personal struggle with this, New York Times bestselling author Lysa TerKeurst invites us to embrace a new outlook that leads to enduring change. In this newly revised and condensed version of Made to Crave, Lysa encourages you to: Break the cycle of I'll start again Monday and start taking steps toward consistency that lasts Stop agonizing over numbers on the scale and make peace with your body Replace rationalizations that lead to failure with wisdom that leads to victory Reach your healthy goals and grow closer to God through the process This is not a how-to book. This is not the latest and greatest dieting plan. This is the necessary resource to use alongside whatever healthy lifestyle plan you choose that will help you find your want to and lead to a spiritual satisfaction that goes far beyond the physical. Look for additional biblically-based resources and devotionals from Lysa: Forgiving What You Can't Forget It's Not Supposed to Be This Way Uninvited You're Going to Make It Embraced

lysa terkeurst made to crave: NIV, Mom's Devotional Bible Zondervan,, 2013-03-19 Whether you have 5 minutes to read or 15, the devotions in this Bible will touch your heart Mom, you don't have to go it alone! The NIV Mom's Devotional Bible helps you to be the very best mom you can be by relating the Bible to your everyday life as a mother—whether you're a new or experienced mom! A trusted source of wisdom to help you as you learn how to be the type of mom God wants you to be, this Bible provides a year of weekday and weekend devotions. These weekday readings are full of good advice and encouragement from Elisa Morgan, President Emerita of Mothers of Preschoolers, International (MOPS). Her inspiring insights help you understand and delight in your vital role of raising children and remind you to keep your head high when dealing with the stress of parenthood. Some devotions are also written by well-known and inspiring authors, including Stormie Omartian, Tracey Bianchi, Shauna Niequist, Ann Voskamp, Lysa TerKeurst, Shayne Moore, Jennifer Grant, Linda Dillow, Margaret Feinberg, Karol Ladd, Anita Lustrea, Sheila Walsh, Angela Thomas, and Carolyn Custis James. Weekend "Momday" devotions cycle through four special interest areas for moms: Better Moms Make a Better World reveals five essential ingredients

for improving yourself as a mother, which has tremendous implications for your family and your world Train Up a Child helps you teach your children about God and how he can be reflected in their lives A Time to Play gives some good reasons why play is important, even on the busiest days, and it offers some creative ideas for having fun Get Growing encourages you, as a mom and as a woman, to expand your mind and spirit as you journey through motherhood You'll also find resources that show you where to turn for help with the special challenges you face and that offer insight into your role as a mother by linking your real-life encounters as a mom with biblical dilemmas. Whether you have five minutes to read or 15, the devotions in this Bible will touch your heart. Features: Complete text of the accurate, readable, and clear New International Version (NIV) A year's worth of weekday devotions, mostly written by Elisa Morgan, President Emerita of Mothers of Preschoolers International (MOPS) 5 devotions written for you by everyday, real-life moms facing the same struggles you do Weekend "Momday" devotions cycle through special interest areas for moms Index of topics important to mothers Resource list offers timely, practical help for moms Promises and Prayers for Mom Double-column format

lysa terkeurst made to crave: *Fed Up with Flat Faith* Kathy Howard, 2013-03-05 Desperate. Tired. Flat. Dry. Do those words ring any bells? Do those words describe your faith when what you really want is a fiery, passionate, connected faith? You're not alone in your struggle with flat faith. What you need is to pump up your faith and let God create the roaring blaze you so desperately long for in your daily walk. Fed Up with Flat Faith will equip you with five attitudes and five behaviors that prepare your heart and life for God's work. Author and teacher Kathy Howard shares practical and foundational spiritual truths and faith principles that will help shift your attitude and behavior so you are positioned for God's activity in your life, ready to receive what He has for you—a fiery faith. With personal reflection questions, biblical truths, and the power of the Holy Spirit, your faith will become dynamic and you'll no longer have to live fed up with flat faith.

lysa terkeurst made to crave: *Made to Crave Action Plan Participant's Guide with DVD* Lysa TerKeurst, Ski Chilton, 2012-01-03 The six-session small group Bible study DVD, Made to Crave Action Plan, from Lysa Terkuerst, is the follow-up to her bestselling book and study---Made to Crave. This pack contains one softcover Participant Guide and one DVD.

lysa terkeurst made to crave: *The 40-Day Sugar Fast* Wendy Speake, 2019-11-05 What would you be willing to give up to experience the presence of God in your life again? Many of us sign up for a physical detox program, thinking that if our bodies are healthier, then we're healthier. But a healthy body doesn't do us a lot of good if we are spiritually malnourished. Welcome to the 40-Day Sugar Fast, a fast that begins with us giving Jesus our sugar and ends with Jesus giving us more of himself--the only thing that can ever truly satisfy our soul's deep hunger. On this 40-day journey you'll learn how to stop fixating on food and other things you use to fill the voids in life and instead fix your eyes on Christ. Anyone who runs to sugar for comfort or a reward, who eats mindlessly or out of boredom, who feels physically and spiritually lethargic, or who struggles with self-control will discover here not only freedom from their cravings but an entirely new appetite for the good things God has for us.

lysa terkeurst made to crave: *9 Traits of a Life-Giving Mom* Sue Detweiler, 2014-05-08 Every mom has her issues, all the way back to Eve—but you can be a great mother with the help of God's life-giving power . . . Pastor and radio host Sue Detweiler admits that she has moments where her own unresolved issues come to the surface. In this book, she reminds other mothers they're not alone on their journey—and that even in those moments when we feel our own human imperfections, we can embody the fruit of the Holy Spirit in our homes and our lives. In this book, Detweiler shares stories from her own life as a parent—and how she's learned to replace her anger with God's love; replace her anxiety with God's peace; replace her frustration with God's patience, and more. "9 Traits of a Life-Giving Mom will help you become a better mom and leave a legacy for your children for generations to come." —Linda Barrick, author of *Miracle for Jen*

lysa terkeurst made to crave: *How to Pray in Times of Stress* Linda Evans Shepherd, 2018-01-02 While there are a variety of coping techniques when it comes to stress--sleep more, eat

better, avoid this, seek that out--the true remedy is prayer. In this inspiring book, Linda Evans Shepherd shows readers how to recognize God's continual presence and yield their troubles to the Prince of Peace. Through captivating stories, explorations of fascinating biblical characters, and examples of deeper-than-ever prayers, she brings within readers' grasp the peace that passes understanding. Anyone who is overwhelmed by all of the urgent demands on their time will find in this book a lifeline to true peace.

Related to lisa terkeurst made to crave

TOP 10 BEST Helicopter Tours in Indio, CA - Updated 2025 - Yelp Top 10 Best Helicopter Tours in Indio, CA - Last Updated July 2025 - Yelp - Soar Air, Magical Adventure Balloon Rides, Palm Springs Windmill Tours, Fantasy Balloon Flights, Flight

Helicopter Sightseeing Flight Indio. Helicopter Ride Over Indio. We offer convenient and comfortable helicopter sightseeing flights in Indio. Our scenic flights are not shared with other passengers and are reserved exclusively for you and your guests

Helicopter Charter Rental Service in Indio, CA Helicopter Charter Rental Service in Indio on YP.com. See reviews, photos, directions, phone numbers and more for the best Helicopter Charter & Rental Service in Indio, CA

Reserve a helicopter flight to the Coachella Valley, Indio Skip the traffic. Enjoy the Coachella Valley. Arrive in style. Avoid the traffic. Corporate Helicopters can fly you and 4 friends from San Diego to Thermal Airport in the

The Best 10 Aerial Tours near Indio, CA 92203 - Yelp Best Aerial Tours in Indio, CA 92203 - Palms to Pines Gliding, Fantasy Balloon Flights, Hangar 21 Helicopter Tours, Bay 2 Bay Aerial Tours, Soar Air, Helicopter Big Bear, Joy Air Tours,

Helicopter Charter Indio. Get 2020 Helicopter Rent - INDIO At Indio Helipad, we offer a fleet of helicopters for business or leisure travel. All corporate and private flights at Indio Helipad in Indio can be organized even on a short notice, using our

Book Your Memorable Helicopter Flight to Coachella Valley Indio Experience the thrill of soaring through the skies with our exclusive helicopter tours to the vibrant Coachella Valley. Forget the tiresome drive through traffic and the hassle of finding parking

Helicopter Charter near Indio, CA - Better Business Bureau BBB Directory of Helicopter Charter near Indio, CA. BBB Start with Trust ®. Your guide to trusted BBB Ratings, customer reviews and BBB Accredited businesses

Helicopter Rides & Tours in California Many of our partners offer customizable helicopter tours in California. Tailor your flight path, duration, and even add special amenities like champagne or a photographer!

THE 15 BEST California Helicopter Tours & Rides (2025) Product categories and sub-categories are ranked based on revenue made by Tripadvisor, popularity of tours and activities, and seasonal trends. Filter to see tours in the language (s)

Upcycling Art: Turning Waste into Creative Masterpieces Upcycling artists work with a vast array of materials, including plastic bottles, old tires, scrap metal, and discarded textiles. The choice of materials often reflects the artist's message and

Upcycled Materials for Art: 10 Unique Ideas - Zero Waste Living Upcycled materials offer endless possibilities. You can turn old clothes and fabrics into beautiful art. Or, create detailed sculptures from recycled items. In this article, we'll look at

Upcycling in Art: Recycled Materials and Upcycled Masterpieces Upcycling in art transforms discarded materials like plastics, textiles, and metals into creative masterpieces. Artists challenge traditional ideas of beauty, turning waste into

Common Materials Used in Upcycling - This topic explores common materials like plastic, glass, fabric, wood, and metal that can be reused creatively. Each material has unique properties and applications in various upcycling

Upcycling: Transforming "Waste" into Unique Artworks Jumpstart your journey towards

sustainable art creation with this comprehensive list of 48 eco-friendly art materials, perfect for artists looking to make their practice more

Upcycling Unusual Materials: Transforming Waste into Works of Art Discover how upcycling transforms unusual waste into stunning works of art, reducing waste and inspiring creativity in sustainable design

Upcycling Art Guide: From Discarded Materials to Masterpieces Discover the art of upcycling! Transform discarded materials into creative masterpieces with our step-by-step guide on ethical and unique art

Recycled Art Materials: Innovative Ideas - Recycled art materials encompass a wide range of items that can be repurposed into creative projects. These materials can include anything from paper and plastic to metal

The Journey of an Upcycled Sculpture: From Waste to Art Common materials used in upcycled sculptures include metals, glass, plastic, wood, and fabric. Each material presents its own challenges and opportunities, requiring the

Upcycled Art Creations: Transforming Waste into Masterpieces Collect Materials: Look for reusable objects around your home, thrift stores, or recycling centers. Experiment with Techniques: Try different upcycling methods, such as

Related to lysa terkeurst made to crave

"Made to Crave" study to begin May 25 (inforum8y) FARGO - First Lutheran Church, 619 Broadway, is offering a new six-week women's book and Bible study titled, "Made to Crave," at 6:30 p.m. on Thursdays, beginning May 25. The sessions will be led by

"Made to Crave" study to begin May 25 (inforum8y) FARGO - First Lutheran Church, 619 Broadway, is offering a new six-week women's book and Bible study titled, "Made to Crave," at 6:30 p.m. on Thursdays, beginning May 25. The sessions will be led by

Related Articles

- [letter t worksheets for kindergarten](#)
- [hillis principles of life study guide](#)
- [glencoe math course 2 volume 1 answer key](#)

[Back to Home](#)