



How to Guard Your Heart on Your Weight Loss Journey Part One

INTRO

Hey friend! Welcome to the *Diet Haters Podcast*, where I'm helping YOU learn how to stop dieting, lose weight, find lasting results, and learn your true identity in Christ. I'm so glad you're here!

Perhaps you've heard the verse before.. Proverbs 4:23, "Guard your heart above all else, for it determines the course of your life."

Maybe today's the first day you've ever heard it. That's okay, too.

Either way, we're going to dive into this passage together and learn why guarding our hearts the proper way means everything for us in every area of our lives, not just weight loss. But.. If we want to get healthy and stay that way, we must work on our hearts. Otherwise, our results will only be temporary.

I've been reading this book from Annie F. Downs, called [*Perfectly Unique: Love Yourself Completely, Just As You Are*](#). It's so good for so many reasons, but when I got to the chapter focused on the heart, I knew we needed to have a deeper talk about it. I'll share the link in the show notes to the book, because you're gonna want to get a copy for yourself.

I'm pretty sure she wrote the book geared to a teenage audience, but there are so many good nuggets in there for us ladies no matter what age. After all, we're called to have child-like faith, right?

Our hearts matter for so many reasons. Taking care of it is vital for all parts of us - physically, and for our soul (our mind, will, and emotions). If we don't take care of the hearts God gave us, we're going to wind up in trouble in every area of our lives.

I'm excited to dive into today's episode with you.

ENERGY BITS PROMO

Before we do though, I want to share something with you that's gonna rock your world. Two syllables, one word. Ready for this? Algae. Yep, you heard me right.

Don't shut me off just yet. Let me explain why I love algae and why you're gonna love it, too. Specifically, why I love ENERGYbits.

ENERGYbits® algae tablets are the most nutrient dense, plant-based, sustainable food in the world. They help improve energy, focus, fitness, wellness, skin/hair health, longevity, hunger, intermittent fasting, detox and more.

And check this out.. Algae tablets are unprocessed "bits of food" that contain three times more protein than steak, twenty-five times more chlorophyll than liquid chlorophyll, forty-eight times more iron than spinach and forty vitamins and minerals yet they contain just one ingredient and no sugar, chemicals or caffeine.

O.N.E. ingredient provides more protein than steak. Does that not rock your world? And your girl loves some steak!

If you want a safe, easy, eco-friendly, organic, natural, food-based alternative to supplements or a healthier way to improve your energy, nutrition, sports performance, health and beauty, ENERGYbits® algae tablets are your answer.

I don't recommend anything to you that I don't use myself, and I am a fan. As I have backed off the caffeine intake the last couple of months, these ENERGYbits have been a lifesaver for me. I take them in the morning before my workout and sometimes in the afternoon for a pick-me-up. As I've shared with you before, I've been working through some healing of my thyroid and adrenal glands. It's been hard to work out and not lose my energy by 10 a.m. and need a nap.

Since I started using ENERGYbits two months ago, I can tell a drastic difference. I'm not as lethargic, I don't feel like I'm gonna die from lack of caffeine, and I can tell a big difference in other areas, like my nails and my skin.

And not to mention, the RECOVERYbits I take before bed which allows my body to reset from the morning workout, as well as gently detox the next morning. Let me tell ya, friend..

If you're having a problem pooping, the RECOVERYbits do their magic during the night and you wake up ready to poop and not in the like crazy *I'm detoxing and need to be close to the toilet way*.

And check this out. When you purchase your ENERGYbits or RECOVERYbits, you can get 20% off using coupon code DIETHATERS. That's right.. 20% off just for listening to this podcast.

All of ENERGYbits® algae tablets deliver the daily nutrients you or your family need without cooking or cleaning and provide simple, safe, vegan, keto, raw, Non-GMO, organically grown nourishment as an ingestible. Just swallow or chew and go.

Visit energybits.com and enter coupon code DIETHATERS at checkout and you'll get 20% off your first order. Here's to better energy for you, my friend. I also shared the link in the show notes for you.

And now, let's dive back into today's episode on how to guard your heart on your weight loss journey.

DISCUSSION

What in the world does it mean to guard our hearts? At first glance it could be easy for us, especially those of us who have been deeply hurt to say, "Well.. it means not to let anyone in so I don't get hurt."

But you and I both know that's not the case. Guarding our hearts and blocking our hearts are two different things.

Many times, we have allowed food to become our comforter because getting vulnerable hurts too much. Maybe you've been hurt many many times because you let your guard down and you're telling yourself, "Never again."

I've been there, my friend. When I weighed 330 lbs., I had a fortress around my heart with walls so thick it would take an army to knock them down. Sexual abuse, abandonment, rape, and more had my heart in a bundled up mess. I didn't know how to be vulnerable. I didn't know how to trust. I didn't know how to not be tough. I didn't know how to not be afraid and cover it with pretending to be tough.

I didn't know that vulnerability is key to healing our hearts. I didn't know that there were people out there I could trust. I didn't know that I could guard my heart yet get vulnerable.

We don't know what we don't know, but when we learn something different - when we learn a better way - we have to choose that way if we're going to be free. If we're going to love ourselves. If we're going to let God really love us. If we're going to take our health back from the enemy.

In the words from Annie F. Downs in *Perfectly Unique*, we're going to talk about "the inner heart, the place in you that you know so well... the secret place that houses your inner deepest wants, your secret crushes, and those most painful memories and hurts. That's the one we want to focus on here, because that heart is the core of who you are as a person - as *you*."

We're going to dissect (sorry, I couldn't help myself), the four chambers of the heart today. And much of what I'm about to say I'm reading straight from the book. Again, I'll share the link to it in the show notes.

1) THE RIGHT ATRIUM

"Blood enters your heart from all over your body, like love enters your heart from all over your world."

"Part of glorifying God with your heart is keeping it open to receive from the people around you. What does that look like exactly? Well, for each of us it will be a little different. But some practical examples include talking to your friends when you are hurt, accepting compliments and receiving them in love, letting others serve you, and allowing yourself to cry on someone else's shoulder. Let people love you."

I want to stop here for a second and focus on these words.. **"Let people love you."**

Oh... isn't this so much easier said than done, especially when we've been hurt so much? How do we let people love us when so many have hurt us? How do we let people love us when we're afraid to let them in? How do we let people love us when we don't even love ourselves?

Annie continues, "Guarding your heart means recognizing that not everyone deserves to touch it or hold it or have it."

Yes to this! And it might take you a while, if you've been hurt, to let others get close - to touch your heart, hold it, or have it." And that's okay. Because as our hearts heal from those things which have hurt us so much, we will eventually take the right steps.

But.. that doesn't mean everyone gets access. I have people in my life who have hurt me deeply. I have forgiven them but that doesn't mean they get access to my heart any longer.

I have other people who hurt me, who have been genuinely repentant of their actions, and I have slowly allowed them access to my heart. They may only get some access, time will tell, but I have let the Lord lead in that.

And that's the important thing.. Let the Lord lead as you guard your heart. He will show you who you should give access to. Ask Him and He will show you, because He desires to answer our prayers.

Annie writes, "As I was praying about guarding my heart, I was reminded of my favorite cartoon movie, Disney's *Beauty and the Beast*. It's a fantastic story that will make you give every dude you meet a second glance... I was reminded of that part in the movie - centered around the sparkling rose kept protectively in a glass case. When Belle reached to touch the flower, the Beast slammed the glass down and growled angrily at her. That rose was his most prized possession, and he protected it with all his might. So I've prayed, for years, that God would keep my heart as close to Him as the Beast kept that rose - protecting it with the same care, concern, and passion... Your heart is precious, your dreams should only be shared with a few close friends, and you should love well but carefully. You need to allow love into your heart but always remember to guard and protect it."

I shared in a previous episode that I used to struggle with fear of men. I used to hate them and I had them all put into the same category - bad. Every man in my life seemed to have hurt me in some way or another. And those men that I did give access, all died, increasing my struggles with abandonment.

I used to speak these words over myself all the time, "I'm never getting married." But one day over spaghetti squash at Ruby Tuesday, my friend Jennifer said to me, "I'm going to challenge you to stop speaking that curse over yourself." And you know what.. No one had ever told me that before. No one had ever challenged me in that way. And since that day, I've **never spoken those words again.**

The power of life and death is in the tongue. - Proverbs 18:21.

And do you know what that did for my heart? It opened it up to new possibilities. To the realization that maybe love was possible for me. That there was, and still is, a man out there who will love me well. It opened my eyes to the fact that marriage is in the cards for me, if I allow it to be.

So I opened my heart to the possibility. I would love to say it's been all roses since then, but that's not the truth.

In 2018, my heart was broken by the man I thought I would possibly marry. I had opened my heart to him. And he walked away. But I had to make a decision that day - I will not block my heart off. I will guard it. But I will not close it off. I had to choose forgiveness. And I had to do some healing, but I vowed to keep my heart open.

That's so important, my friend. We have to keep our hearts open, even if that means risking hurt.

Wow.. I really didn't plan on sharing all of that, but hey.. When the Lord says, "Go", I'm learning to go.

PROMO - 2B MINDSET

I wanna stop this deep conversation for a minute and tell you about something that's been and still is helping me move forward in my own weight loss journey. I want to talk about 2B Mindset.

Founded by Ilana Muhlstein, who lost 100 lbs. herself, the [2B Mindset program](#) is about just that, learning how to create an incredibly powerful mindset that will allow you to lose weight happily and keep it off for good.

There are no prescribed meal plans. No focusing on foods you **must** cut out. Instead, it allows you to focus on everything you CAN have, so you're the one in control.

God created you to live an amazing life, my friend, and now is the time to start taking back what the enemy has tried to steal from you and start living fully.

The 2B Mindset program offers simple guiding principles, tips, tools, and strategies that she and hundreds of other clients, including myself, have used to lose weight and keep it off.

Everything about the 2B Mindset is sensible and—best of all—it's sustainable, so you'll not only know how to lose the weight, you'll discover how to keep it off.

If you're interested in learning more, I'd love to walk alongside you through this program and help you to stop dieting today. You can learn more at sundijo.com/2bmindset.

2) THE LEFT ATRIUM

“Blood enters your heart from your lungs, like love enters your heart from God.”

“God loves to love you. He’s really good at it too. I like to think that every time I take a breath, and every time my lungs pump blood into my heart, God has another loving thing to say about me. He’s that good at it. The breath of God, breathing life into your life, is full of love for you - no matter what you have done or where you have been, no matter what has been done to you or all the ways you feel like a screw up. Just like you don’t decide how your blood flows, your behavior doesn’t decide the flow of God’s love into your heart.”

Can I get an amen?

“No matter what you have done or where you have been, no matter what has been done to you or all the ways you feel like a screw up.”

I’ve said this before.. Addiction is the symptom of a deeper problem, whether it’s food, drugs, alcohol, porn, you name it. I didn’t weigh 330 lbs., because I wanted to be so big I couldn’t even buy my pants at the store.

I didn’t want to be miserable. I didn’t want to be fat. I didn’t want to be filled with shame. I didn’t want to be so unattractive I was convinced no person could or would ever love me. I didn’t want any of that. But I didn’t know how to do anything different. I didn’t know how to let people love me.

And I certainly had no idea how to let God love me. Why would he? After all the horrible things I’d done in life, how could he possibly love me? I was disgusting. How could God love me? I was addicted to pornography. How could God love me? I was in a homosexual relationship. How could God love me? If He only knew the sexual abuse I’d endured as a kid. How could he love me? If He only knew all the things. How could He love me?

Why would He love me?

Oh.. but that’s the beautiful thing about God, my friend. He doesn’t wait for us to get our crap together to start loving us. No, He chooses to do so right now - right where we are, despite our pasts.

His grace. His mercy. They are so beautiful and available to us. And it's His love that truly sets us free. His love that shows us food isn't our comforter - He is. **But we have to choose His love.** And sometimes we have to choose it over and over and over again, especially on the really hard days when shame tries to lie to us and tell us we have nothing to offer.

"He wants to pour so many good things into your life - His love, His desires, His gifts, His plans. How could they ever be too much? And yet He put a valve in your heart for your protection. Because, if God poured out all those good things - the full measure of His love, His gifts, and His plans - on you at one time, I think you'd explode. So while the valve on the right protects you from too much input from the world and from the wrong kind of love, the valve on the left protects you from too much of God's awesome love at once."

"Allow God into your heart. Let Him into those little places inside that are still hurt and alone. Talk to Him about the secrets of your heart, knowing that He is fully trustworthy and that you don't need to guard your heart from Him, ever. Let Him love you, lead you, and make you into the person He has planned - because that adventure will be, I promise, the greatest of your life."

She's so right about that. It will be the greatest adventure this side of heaven.

I remember back in 2009 when I was in this residential discipleship program, I was lying on the floor of the prayer room. I was crying. I was wailing. I was confused. I was angry. I was asking God what I had done so bad to be where I was in life.

And I'll never forget what He said to me. Though His words weren't audible, I heard them as loud as could be in my heart. He asked, "Sundi Jo, when are you going to let me love you?"

I didn't know that was possible. I didn't know I could let Him love me. I didn't know He wanted to.

Oh.. but He does so much. And when we allow Him to truly love us, everything changes. It's easier to see the lies from the enemy. It's easier to know the truth. It's easier to forgive. It's easier to heal. It's easier to love others.

And it opens the door for God to be our comforter, not food.

"But we have to choose His love."

And choosing His love means we have to make different decisions for our present - for our future. Letting God love me involved desiring freedom from pornography. Letting God love

me involved the desire to leave that homosexual relationship I was in and choose Him. Letting God love me involved diving into all the junk of my life and allowing Him to heal me.

And I ain't gonna lie. Letting God love me was friggin hard.

Letting our guard down around our hearts to let God in isn't easy. If it was, everyone would do it all the time, and there would be no problems in our world, right?

But we can't get freedom in any area of our life - physically, spiritually, emotionally, mentally, if we're not willing to let God fully love us. We may find temporary relief, but we won't find freedom.

You know what.. I know I said we were going to dissect the four chambers of the heart today, but I think we're gonna stop for today with these two and pick back up in the next episode.

We've covered a lot today, and I don't know about you, but this leaves me with a lot to process.

Let's do a quick recap, then I'm gonna leave you with some heartwork.

RECAP

So, we want to make sure we're opening up our hearts to the right people. To people who will pour into you, love you well, speak truth to you when you need it, and walk with you through the yucky parts of life.

It's okay to guard your heart carefully and seek God's wisdom in who to let into your heart. Just remember that guarding your heart and blocking your heart are two different things.

Secondly, you've gotta let God in. Let Him love you. Invite Him into the broken parts of your heart. Invite Him into the places that need healing. Let God love you because He desperately wants to bless you.

HEARTWORK

Okay.. so I want to give you some heartwork. I prefer that word because homework is just too homeworkishy..

We've covered a lot today, so I'd love for you to go back through this episode if you need to and absorb it all.

And here are some journaling questions for you to sit down and process through with Jesus. He is so ready to love you, so ready to heal your heart.

- 1. Do you have one or two or more close friends who have access to your heart? What about them makes you feel safe enough to let them in?**
- 2. If you answered no to that question, make a list of 3-5 people who you feel like you could trust with the inner parts of your heart.**
- 3. Reach out to them for coffee, lunch, a walk, something.. And ask them if they'd be willing to be a safe, loving person in your life. Let them know you're working on guarding your heart well and letting the right people in, and that you would like for them to be one of those people.**
- 4. Do you struggle to allow God to love you? If so, go to Him in prayer and ask Him to show you why.**
- 5. Is there something you need to forgive God for? If so, tell Him. He can handle it. Ask Him what steps you need to take to work through that hurt with Him so that there are no barriers in your relationship with Him.**

My friend, these are some deep questions, I know, and they may bring some emotions up in you that you didn't expect. If this is the case, don't hesitate to reach out to someone - a friend, a counselor. There is no shame in asking for help. I've got a counselor on speed dial.

DIET HATERS FACEBOOK COMMUNITY

And if you're looking for a community to get involved in, I'd love for you to head on over to the [Diet Haters Facebook community](#). We're talking about all kinds of things over there - recipes, workout tips, nutrition, Scriptures, and other shenanigans. We weren't meant to do life alone, my friend, so come on over and join us. Just search Diet Haters on Facebook and I'll also share the link in the show notes.

SHARE REMINDER

And if this episode has been helpful for you, would you mind sharing with someone else who needs to hear it? Another diet hater friend who might need some help in learning how to guard her heart. When you share, you help me get the word out to as many people as

possible, that they, too, can lose weight, get healthy, and find the true freedom in Christ they've been searching for.

COACHING INVITE

Starting in March, I'll be leading the *Make Your Own Momentum* community. We'll be doing 30 days of life together, learning about how to create routines so you can build momentum that allows you to reach your goals quicker and easier! We'll talk morning routines to get you feeling good for the day, evening routines to help you unwind, routines for meal planning & prepping, and there will be daily motivation to keep you moving towards a life of consistency!

We'll also be diving more into the 2B Mindset I mentioned earlier and learning how to stop dieting together.

If you're interested, send me a direct message on Instagram @sundijo or shoot me an email at sj@sundijo.com, and I'll also link straight to them in the show notes. I'd love for us to make our own momentum together!

CLOSING

I pray this episode was helpful for you today, and I can't wait to see you in the next one. I'm rooting for you and cheering you on!

If I can lose 145 lbs., you can lose weight, too. Doesn't matter if it's 10, 20, 50, or a 100 lbs. or more. **If I can do it, so can you!**

Alright, friend, that's it for me today. I'll see you in the next episode of the *Diet Haters Podcast*.

And remember this... You. Are. Valuable.

LINKS

[Sundi Jo's Favorites](#)

[Energy Bits](#)

[Perfectly Unique](#)

[Diet Haters Facebook Group](#)

[Sundi Jo on Instagram](#)

[Email SJ About March Momentum](#)