


Break *free* 
from Health
Obsession & Idolatry
And Walk in Health Stewardship

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Preface

If you've followed me for any length of time, you know that I personally struggled with health idolatry. I idolized my health; I put more faith in my supplements than in God. Because I found such freedom in breaking out of that horrific cycle, I wanted to share that process with anyone else who is struggling.

While this guide is specific to health idolatry, it can be applied to any idol in your life.

Step 1: Recognize

The first step in addressing any problem is to recognize that it's a problem. With a lot of honesty and whole lot of grace, sit down with yourself and the Lord and examine your life, your heart posture, your actions, your motivations, etc.

Below are some reflection questions to ask yourself to help you determine if something is an idol in your life:

- Do you spend more time with the idol than you do with God?
- Does it take up more of your thought life than God does?
- Do you base your joy and fulfillment around it?
- Does it impact your mood, thoughts, emotions, etc?
- Do I turn to this for comfort?
- Am I afraid of losing it?
- Is this something I've turned into a source of my comfort, identity, control, or safety/security?
- When I feel anxious, do I run to this?
- Am I using this as a coping mechanism?
- Is this area fully surrendered to God's control or yours?
- What do I organize my life around?

Below is a prayer you can pray to ask the Lord to reveal to you anything in your life that is an idol.

Father,

I proclaim that I do not want to have any idols in my life. I proclaim that I want to walk in full and complete surrender to You. If there is any place where I've given my affection, trust, comfort, safety, fulfillment, identity, or worship to something other than You, please shine Your light on it now. Please show me every area of my life where I may be walking idolatry. Reveal every place in my life or in my heart that these idols are operating. Please show me where, how, when, and why I am walking in idolatry so that You can free me from it. Show me where fear has driven me to control, where insecurity has led me to seek approval, where pain has opened doors to comfort-seeking idols, or where I've chased identity outside of You. I ask for Your spirit of wisdom and revelation (Ephesians 1:17). Thank You, Father, for showing me. I pray this in the mighty name of Jesus Christ.

Step 2: Repent and Renounce

Because idolatry is a sin/iniquity (Exodus 20:3), it's important that we repent and renounce the sin we've committed against God. Below is a prayer that you can use as a starting point. Feel free to take or leave whatever resonates with you.

Prayer:

Heavenly Father,

I boldly come before You. I confess that I have sinned against You. I confess that I have allowed idols in my life. I declare that I don't want anything—no object, no thought, no fear, no desire, no routine—to sit on the throne of my life but You.

I repent for unknowingly or knowingly placing _____ (name anything that comes to mind) above You. I lay it down. I surrender control and invite You to reorder my desires. Please forgive me for seeking comfort in anything but You. Please forgive me for trying to control things instead of trusting Your sovereignty and Your plan. Please forgive me for idolizing and worshipping anything but You. I utterly renounce, repudiate, and forsake these idols.

I confess that I need Your help. Please allow Your strength to come into my weakness. Help me with any future temptation to abdicate You off the throne of my heart.

I invite You in to heal the wounds and take an axe to the roots (Matthew 3:10) of every conscious or subconscious reason I chased after these idols. Father, I ask You to Father me and love me the way I need to be loved, the way I've longed to be loved by people but haven't felt like I received it. Please help to see, experience, and feel You and Your love every day.

Father, please remove anything and everything that entered due to the foothold that I gave the enemy (Ephesians 4:27) with this idolatry. I ask You to forgive me and cleanse me in accordance with 1 John 1:7-9. I pray and ask all of this in the mighty name of Jesus.

Step 3: Address the Roots

There is a root (sometimes multiple) to idolatry. Below are the most common roots I find in ministry sessions.

- Fear (This can manifest as a desire to control)
- Deep-seated rejection (usually from childhood)
- Desire to be protected or protect yourself (because you were not protected the way you needed to be)
- Lack of knowledge of your identity and legitimacy in Christ
- Wrong beliefs or incorrect views/assumptions about God
- Lack of trust in God
- Lack of fulfillment/searching for fulfillment (this is usually due to a combination of the above factors and not *fully* surrendering every part of your life to Christ)

Take some time to pray over the roots and which ones apply to you and your life. Then, invite the Lord to come into those places and heal them. This is usually not a quick fix, but when done with Jesus and prayer, it brings lasting, transformative impact.

Step 4: Re-Establish & Re-Prioritize

There is only one person deserving to control our life--every aspect including our bodies, and that is Jesus Christ. Below is a prayer to re-establish Him as the ultimate authority in your life and some additional tips for establishing proper priorities.

Prayer to Re-establish Christ as Lord of Your Life:

Father, I declare that You alone deserve the throne of my heart. Only You are worthy of sitting and dwelling there. I declare that I will no longer be Lord of my life, my health, or my body. I invite Jesus to be Lord over every part of me—my heart, my mind, my habits, my health, and my body. You alone are worthy of my worship. I declare that my body is Yours, not my own. I submit and surrender my health and my body to You. I proclaim that I want You to be the ultimate authority over my body. Instead of searching on Instagram, Google, or social media, I declare that I will begin to search You and Your word and begin to ask You about my body, my health, my supplements, and what food I should eat.

Re-Prioritize:

- Assess your time. Make sure you give and honor God with your time. Spend more time in the Word, prayer, worship, and thanksgiving than you do anything else.
- Assess your daily habits. Re-evaluate your priorities and give them the proper place and space in your day.
- Depending on why you were running to this idol, replace the idol with God. Run to Him for your comfort, security, safety, protection, love, fulfillment, etc.

Step 5: Identify Triggers; Implement Tools

Identify triggers:

- Most triggers are emotionally-based or thought-based. Begin to take inventory of your emotions and thoughts.

Implement Tools:

- Before you're triggered, come up with a plan for when you feel triggered or feel the anxiety or control creep up. When you feel the anxiety, control, etc. begin to come up, run to whatever tool (a healthy one) that is and utilize it.

Potential Tools to Implement:

- Prayer
- Breath prayer:
 - Inhale 4 seconds: "I choose faith, not fear."
 - Exhale 8 seconds: "Jesus, I trust You. I surrender this moment to You."
 - Repeat this 4-6 times
- Bible reading
- Scripture meditation/memory
- Biblical declarations
- Take your thoughts captive
- Turn on worship music
- Gently move your body (take a walk, shake out your hands, give yourself a hug, jump or run in place, etc.)
- Go outside and find 5 things in nature you're thankful God created (see them, hear them, smells them, feel them).
- Breathe in an aroma that calms you
- Text or a call a friend for accountability
- Journal (thoughts, gratitude, or prayers). Below are some journaling prompts to help you:
 - "What am I feeling right now?"
 - "What lie might I be believing?"
 - "What truth does God speak over this?"

Additional Tips and Supports

Below are some additional tips that you can implement to bring further breakthrough.

- Fast:
 - Fasting is an excellent way to reset your mind and overcome idolatry. You can absolutely do a food fast, but when it comes to idolatry, it's best to fast from the things are driving and/or reinforcing the idolatry. Take some time to pray and ask the Lord if you should fast from buying supplements, fast from consuming social media content, fast from your phone, etc.
- Memorize Scripture:
 - Filling your mind with scripture to repeat and declare is powerful. Commit to memorizing a few verses that can help you as you combat any temptation.
- Practice Accountability:
 - If we are being honest, we will admit that we really don't want someone to hold us accountable, which is exactly why we should ask for a trusted, gracious person to hold us accountable.
- Determine where you feel God the most. This is usually either through community or His creation. For me, it's His creation. Because I know that, I take multiple breaks throughout my day to go to His creation. I step outside, feel the sun on my face, notice the breeze, pause to listen to what He's created and thank Him for it. Make a habit of running to where you feel and experience Him the easiest because He will ground you. There are other ways to experience or feel Him, but the best and easiest way to experience His life flowing to you is through His created things that He's given life to: people (community) or His creation. Knowing this about yourself can be very helpful to implement.
- Seek deliverance and/or inner healing if it's continual and repentance doesn't break the cycle.

Journal Prompts/Questions to Help You Achieve Further Breakthrough from Idols

Pray, read, and reflect on the following questions to help address the root of the issue.

1. What am I most afraid of losing?
 - What does that reveal about where I've placed my trust?
2. What do I obsess over, think about constantly, or organize my life around?
 - Is this something I've made into a source of safety, identity, or control?
3. When I feel anxious or rejected, where do I run?
 - Do I turn to God or to comfort through scrolling, checking out, different habits, food, people, appearance, control?
4. Have I ever said, "If I just had ____, I'd be okay"?
 - What is my "if only"? That may be a silent idol of the heart.
5. What do I look to for validation or worth or my identity?
 - Social media? People? Achievement? Clean eating? Health?
6. What unhealed wounds might be driving me to seek comfort or control?
 - What idols have become coping mechanisms?
7. What would it look like to fully surrender this area to God?
 - Pray a prayer of surrender: "Today, I lay down _____ and choose to trust You instead."

Scriptures to Declare or Memorize

- “I am fearfully and wonderfully made.” – Psalm 139:14
- “God has not given me a spirit of fear, but of power, love, and a sound mind.” – 2 Tim. 1:7
- “My body is a temple of the Holy Spirit.” – 1 Cor. 6:19–20
- “He who began a good work in you will carry it on to completion...” – Philippians 1:6
- “The sorrows of those who run after another god shall multiply.” – Psalm 16:4
- “I will not be mastered by anything.” – 1 Corinthians 6:12
- “Cast all your anxiety on Him because He cares for you.” – 1 Peter 5:7
- “Be still and know that I am God.” – Psalm 46:10
- “In repentance and rest is your salvation, in quietness and trust is your strength.” – Isaiah 30:15
- “Where the Spirit of the Lord is, there is freedom.” – 2 Corinthians 3:17
- “You have been set free from sin and have become slaves to righteousness.” – Romans 6:18
- “It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery.” – Galatians 5:1
- “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters.” – Colossians 3:23
- “Worship the Lord your God, and His blessing will be on your food and water. I will take away sickness from among you.” – Exodus 23:25
- “The Lord sustains them on their sickbed and restores them from their bed of illness.” – Psalm 41:3
- “He sent out His word and healed them; He rescued them from the grave.” – Psalm 107:20