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This Is My Body: From Obesity to Ironman, My Journey into the True Meaning of Flesh, Spirit, and Deeper Faith

Ragan Sutterfield

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"The cacophony of voices about our bodies is so loud, it's hard to hear the voices that matter. Some of us decide to forget it all and give in to one addiction or another. I've done that. Some of us decide to perfect our bodies and obsess over every muscle or wrinkle. I've done that too. Then I discovered the truth about my body: It is a gift. A sign of God's love. And so is yours."

Many of us think of our bodies as burdens that drag us toward failure and guilt. But what if God actually glories in the flesh? What if we had the same joy about our bodies as God does?

Ragan Sutterfield brings us back to a biblical perspective—a freeing, corrective viewpoint that reminds us of the connection between spirit, mind, and body. Along the way, he shares his journey from overweight addict to Ironman competitor. He counts his success, though, not in his decreased clothing size but in his increased understanding of how much God loves the body and what it means to take care of his whole being. This is a story for each of us.

As a teenager, Ragan Sutterfield tried extreme dieting to get rid of childhood chubbiness. As a young adult, he wrestled with his Christian culture's tenets about the dangers of the body. As a man, he became an obese smoker in a failing marriage. And he began a journey of understanding that changed his life.

Weaving together biblical insight, personal story, and thoughtful reflection, *This Is My Body* offers an inspiring look at God's creation of each of us as human beings, in the flesh. It is an examination of spiritual disciplines, sex, self-image, eating, environmental responsibilities, and the church's role in misunderstandings about the body. It is also a celebration of Communion—the moment when Jesus reminded his disciples that he, too, is flesh. Spiritually rich, this is an eloquent exploration of the body in all its God-given glory.

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your brand-new friend when you're really feel alone and confuse in doing what must you're doing of the time.

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