

Tammy Mutter

My name is Tammy Mutter and I'm 41 years old. I'm writing you from inside prison in Gatesville, Texas, at the Lane Murray Unit. Here's my story for the glory of God.

I grew up an overweight child; I still remember the feelings of rejection and never fitting in with the rest of the kids.

The fear of rejection and not fitting in followed me into adulthood. I was in a hurry to grow up; I guess it was to escape the sexual abuse from the male members of my family.

So at the age of 12, I was on my own and making my own choices. I made a lot of foolish choices and ended up with a horrible addiction to crack-cocaine. Being on drugs was the only time my body was small and it was only temporary because when I wasn't using drugs, I always gained the weight back plus more. My choices landed me here in prison and like most women who are here, we suffer shame, guilt and a poor self-image.

While in prison, I substituted food for drugs and my body quickly ballooned to 250 pounds. My life and body felt totally out of control. I was a train wreck and I knew if I did not find some kind of control over my body, it would more than likely give me the excuse to go back to the drugs.

I've tried on my own to lose weight, but always fell flat on my face, until God led me to a book authored by Carole Lewis, First Place 4 Health. Through Mrs. Lewis, I'm learning what it means to have a balanced life in all four areas of my being—physically, emotionally, spiritually and mentally—and all four areas are equally important. I can't just polish up the outside (my body) and be a total mess on the inside. I would be just a white-washed tomb; only Christ can fix what's broken on the inside.

I see it like this: Suppose I'm invited to the King's home?

How would I prepare myself for this visit? I would go there looking my best and I would bring the best I have to give to Him. I would treat His home with respect and I would be attentive to what He speaks to me. Well, isn't our bodies God's home, His temple? According to God's Word, it is. Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself for God bought you at a high price. So you must honor God with your body. (I Corinthians 6:19-20) (NLT)

Even in prison we all have choices to make when it comes to our bodies. Currently, I've lost 35 of those pounds since I first read Mrs. Lewis' book. I still have a ways to go, but I will keep pressing on to win the prize. I want to encourage others, who long for stability, balance and true freedom, that it is all possible with Christ Jesus and He cares about every detail of our lives, even our weight struggles. He truly desires to set us free to be the best we can be.

Every time I make a healthy choice to eat better and exercise, I'll do it with you all in mind. I also encourage you to believe God is who He says He is, trust Him to do what He says He will do and obey what He instructs you to do. I pray health, joy and freedom on your life.

Truly,

Tammy

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