



## **Please Pray for Me**

I struggle with knowing how to put my needs and concerns into words. I know that I need God's help with my recovery, though I'm not always sure how to even pray. This message conveys some of the ways you can pray for me.

When you look at me, please ask God to help me express myself and to see myself through His eyes. I need His healing touch as well as His guidance as I want to learn healthy coping mechanisms. Please ask Him to help me find the courage to face my fears and to help me let go of the guilt and shame that sometimes overwhelms me and keeps me bound to the eating disorder. I need to receive His grace and strength that I know He wants to grant to me if I will only let Him.

Your prayers mean a great deal to me. With the Lord on my side, I know that I can make it through, that I can be victorious, that I can be free.

