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Freedom from Eating Disorders, LLC

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Christian Eating Disorder Recovery Course

Face Your Fears

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Journaling Questions

1. What area of your recovery are you most afraid to address and why?
2. Which one of your fears seems most manageable to face and how will you face it?
3. How would your life be different if you were able to conquer even some of your fears?
4. Are you afraid to recover? If so, why?
5. Can you see any of your fears as irrational? If so, which ones and why?

Peel fear off you and toss it away
any chance you get.

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Fear can be stubborn, but you can
be stubborn, too. Leave your fears
with the Lord: time and time again if
that's what it takes.

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Stare down fear as you consume
and enjoy healthy foods in healthy
amounts.

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"There is no fear in love. But perfect
love drives out fear, because fear has
to do with punishment. The one who
fears is not made perfect in love."

1 John 4:18

Bask in God's love. It's the greatest
antidote to fear.

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Celebrate each time you face a fear
and build on that experience.

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"Do not be anxious about anything,
but in every situation, by prayer and
petition, with thanksgiving, present
your requests to God. And the peace
of God, which transcends all
understanding, will guard your hearts
and minds in Christ Jesus."

Phil. 4:6-7

Let fear know that you aren't going to
live under its control, that it has no
place in your heart. God has better
things in mind to fill that space.

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Face

Everything

And

Rise

Quiz

1. _____ is the greatest antidote to fear.
2. Accept that _____ is going to happen and consider how you can handle it when it does.
3. Realize that some of your fears are probably _____. Be honest with yourself and ask for help to discern this about your fears.
4. There's no need to fear _____. It will bring wonderful benefits that will add to your life.
5. Instead of using your energy to criticize yourself over your fears, use it to _____ about them.
6. Fear can be _____, but you can be _____, too. Leave your fears with the Lord: time and time again, if that's what it takes.

Answer Key for Quiz

1. God's love
2. failure
3. irrational
4. recovery
5. pray
6. stubborn, stubborn

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Lesson name _____

Checklist (check which portions you have read, printed, or completed)

___ Teaching

___ Inspirational piece

___ Homework assignment

___ Journaling page

___ Journaling questions

___ Note cards

___ Coloring page

___ Quiz

Take-aways - Which points or verses in the lesson were new to you or resonated with you?

Application - How will you apply what you've learned in this lesson to your recovery?
