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**Freedom from Eating Disorders, LLC**

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# Christian Eating Disorder Recovery Course

## Invite God into Your Recovery

[Journaling Page](#)

[Journaling Questions](#)

[Note Cards](#)

[Coloring Page - GROWTH](#)

[Quiz](#)

[Answer Key for Quiz](#)

[Worksheet](#)

**Journaling Page**

**Word Study Guidelines**

Topic \_\_\_\_\_

What did God say to you about this topic? \_\_\_\_\_

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Definition(s) of the word \_\_\_\_\_

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Scriptures on the topic \_\_\_\_\_

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Quotes on the topic \_\_\_\_\_

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Titles of songs or poems on the topic \_\_\_\_\_

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How you can apply what you've learned about the topic \_\_\_\_\_

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## **Journaling Questions**

1. Do you feel comfortable praying about your recovery? Why or why not?
2. Can you trust God to lead your recovery? Why or why not?
3. Do you think God's Word has principles relevant to your recovery? If so, what are some of those principles? If you don't think so, why are you reluctant to believe it?
4. Do you have a balanced view of God, or do you tend to see him as overly harsh or overly passive? If you need to make adjustments, where will you start to make those changes?
5. Are you ready to let go of the eating disorder? If not, what is holding you back?

Allow the meaning of Scriptures to fill your mind and filter through to your heart.

*Laurie Glass*

Begin relying on the Lord in a way you never have before. Start today.

*Laurie Glass*

He understands your vulnerabilities because he knows you and because he has also felt temptation. What better person to help you?

*Laurie Glass*

"Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Heb. 4:16

You CAN call on the Lord, and you CAN receive power to say no to eating disorder behaviors.

*Laurie Glass*

It's in human weakness that you can experience divine strength.

*Laurie Glass*

"Cast all your anxiety on him because he cares for you." 1 Pet. 5:7

As a human, your resolve can change in an instant, but God's resolve for your healing and freedom will never change.

*Laurie Glass*

God

Reaches

Out

Willingly

To

Help

## Quiz

1. As you consider inviting God to lead your recovery, examine your \_\_\_\_\_ of him.
2. If you aren't sure how to pray, you can pray \_\_\_\_\_.
3. If you aren't sure how to pray, you can rely on the \_\_\_\_\_ prayers.
4. It's important to talk to God, but it's also important to \_\_\_\_\_ to him.
5. Your resolve to recover can change, but \_\_\_\_\_ resolve for your healing and freedom will never change.
6. "Pray \_\_\_\_\_" (1 Thess. 5:17).
7. God is ready to lovingly \_\_\_\_\_ you, genuinely \_\_\_\_\_ you, and honestly \_\_\_\_\_ to you through His Word.
8. Start \_\_\_\_\_ on the Lord in a way you never have before. Start today.
9. In human \_\_\_\_\_ you can experience \_\_\_\_\_ strength.
10. God keeps his \_\_\_\_\_. There is no one more \_\_\_\_\_.

## **Answer Key for Quiz**

1. view
2. Scripture
3. Holy Spirit's
4. listen
5. God's
6. continually
7. guide, heal, speak
8. leaning
9. weakness, God's
10. promises, trustworthy



# Christian Eating Disorder Recovery Course

By Laurie Glass

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?

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

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