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**Freedom from Eating Disorders, LLC**

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# Christian Eating Disorder Recovery Course

## Let Go of Control

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**Journaling Page**

**Letter to the ED**

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You deceived me. You told me you would give me \_\_\_\_\_

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But you didn't. Instead, you took so many things away from me, like \_\_\_\_\_

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Not only that, but you also made me afraid of \_\_\_\_\_

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You didn't deliver on your promises, and now I see you for who you really are. You are one who

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I don't need you anymore, and step by step, I will move forward without you. I have just one  
more thing to say to you. \_\_\_\_\_

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Signed \_\_\_\_\_

## **Journaling Questions**

1. Is there something in your life you feel is out of control? Describe it and explore why controlling it is important to you.

2. What has the eating disorder taken away from you that you want to reclaim?

3. What Scriptures reassure you that you can trust God to be in control? Why are they reassuring to you?

4. Are you afraid of what God might do if you give him control of your recovery or your life? Why or why not?

5. Which area(s) of your recovery are you willing to surrender to the Lord and why?

Don't wait. Take one step today  
toward letting go of control.

*Laurie Glass*

Change what you can, and let go of  
what you can't.

*Laurie Glass*

God may not always love what you  
do, but he will always love who you  
are.

*Laurie Glass*

It may be hard to believe God loves  
you, but doubting he loves you  
doesn't make it any less true.

*Laurie Glass*

"Because you are my help, I sing in  
the shadow of your wings. My soul  
clings to you; your right hand  
upholds me." Ps. 63:7-8

"When I said, 'My foot is slipping,'  
your love, O Lord, supported me.  
When anxiety was great within me,  
your consolation brought joy to my  
soul." Ps. 94:18-19

God knows you, understands you,  
and has a better life waiting for you.

*Laurie Glass*

God keeps his promises. There's  
no one better to lead your journey.

*Laurie Glass*

Simply

Trust

And

Never

Doubt

## Quiz

1. To help build your trust in God to help you, concentrate on his \_\_\_\_\_

and look for evidence of it in your life.

2. God may not always love what you \_\_\_\_\_, but he will always love who you

\_\_\_\_\_.

3. God is the one person you can trust to keep his \_\_\_\_\_.

4. Pray the \_\_\_\_\_ Prayer.

5. The longer you believe the eating disorder puts you in control, the more it can

\_\_\_\_\_ you.

6. God \_\_\_\_\_ you, \_\_\_\_\_ you, \_\_\_\_\_

you, and has a \_\_\_\_\_ \_\_\_\_\_ waiting for you.

## **Answer Key for Quiz**

1. love
2. do, are
3. promises
4. Serenity
5. hurt
6. knows, understands, loves, better life



# 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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