



Laurie Glass
Freedom from Eating Disorders, LLC

©2015

All Rights Reserved

No portion of this publication may be reproduced in any form without the written permission of the author. Each lesson in this course is for personal use only.

This course is not a substitute for professional help. This course is not for the diagnosis or treatment of an eating disorder. The author is not responsible for how any purchaser uses this information. Each purchaser is responsible for getting any needed professional help.

Christian Eating Disorder Recovery Course

See Yourself through God's Eyes Inside and Out

[Ps. 139 with Blanks](#)

[Journaling Page](#)

[Journaling Questions](#)

[Note Cards](#)

[Coloring Page - TRUTH](#)

[Quiz](#)

[Answer Key for Quiz](#)

[Worksheet](#)

Psalm 139

- 0 LORD, you have searched _____
and you know _____.
- 2 You know when _____ sits and when _____ rises;
you perceive _____'s thoughts from afar.
- 3 You discern _____'s going out and _____'s lying down;
you are familiar with all of _____'s ways.
- 4 Before a word is on _____'s tongue
you know it completely, O LORD.
- 5 You hem _____ in—behind and before;
you have laid your hand upon _____.
- 6 Such knowledge is too wonderful for _____,
too lofty for _____ to attain.
- 7 Where can _____ go from your Spirit?
Where can _____ flee from your presence?
- 8 If _____ goes up to the heavens, you are there;
if _____ makes _____'s bed in the depths, you are there.
- 9 If _____ rises on the wings of the dawn,
if _____ settles on the far side of the sea,
- 10 even there your hand will guide _____,
your right hand will hold _____ fast.
- 11 If _____ says, "Surely the darkness will hide me
and the light become night around me,"
- 12 even the darkness will not be dark to you;
the night will shine like the day,
for darkness is as light to you.
- 13 For you created _____'s inmost being;
you knit _____ together in _____'s mother's womb.

14 _____ praises you because _____ is fearfully and wonderfully made; your works are wonderful, _____ knows that full well.

15 _____'s frame was not hidden from you
when _____ was made in the secret place.
When _____ was woven together in the depths of the earth,

16 your eyes saw _____'s unformed body.
All the days ordained for _____
were written in your book
before one of them came to be.

17 How precious to _____ are your thoughts, O God!
How vast is the sum of them!

18 Were I to count them,
they would outnumber the grains of sand.
When _____ awakes,
_____ is still with you.

19 If only you would slay the wicked, O God!
Away from _____, you bloodthirsty men!

20 They speak of you with evil intent;
your adversaries misuse your name.

21 Do I not hate those who hate you, O LORD,
and abhor those who rise up against you?

22 I have nothing but hatred for them;
I count them my enemies.

23 Search _____, O God, and know _____'s heart;
test _____ and know _____'s anxious thoughts.

24 See if there is any offensive way in _____,
and lead _____ in the way everlasting.

Journaling Page

Letter from God

I created you. I tell you all about that in _____

I love you unconditionally as I've told you in _____

You are and always will be special to me and that's why I've told you _____

You can always come to me and tell me anything just as I've reassured you in _____

I have a purpose for your life as I've stated in _____

I have just one more thing to tell you _____

Journaling Questions

1. How might your recovery, your relationships, and your self-talk be different if you genuinely saw yourself through God's eyes?

2. What have you placed your identity in?

3. Can you accept the basic shape of your body and be content with it? Why or why not?

4. Do you genuinely believe God loves you and has a purpose for your life? Why or why not?

5. If you could sit down and talk with God, what do you think he'd tell you about your appearance?

It isn't what others think of you, or even what you think of yourself, but what your Creator thinks of you that matters most.

Laurie Glass

"See, I have engraved you on the palms of my hands; your walls are ever before me." Isa. 49:16

"And even the very hairs of your head are all numbered."

Matt. 10:30

You are not your body; you just live in your body.

Laurie Glass

Your body doesn't define you. It's something that carries you through life. The real you lives inside.

Laurie Glass

God had a plan all along - a plan for who you'll be, how you'll look, and what you'll do.

Laurie Glass

Instead of focusing on your appearance, try to concentrate instead on your health.

Laurie Glass

Ask the Lord to help you see yourself through his eyes. Let him show you the true person he intends you to be and become.

Laurie Glass

The

Real

Understanding

Through

Him

Quiz

1. It's common to place identity in things such as appearance, abilities, and roles, but it's unwise to do so. True or False? _____
2. Not only are you God's child, but you are also his _____. (John 15:15)
3. It's what you think of yourself that matters most. True or False? _____
4. Celebrate the _____ who is you.
5. God _____ you as you are so he can use you as he's _____.
6. You are not your _____; you just live in your _____.
7. God has had a plan for you all along – a plan for who you'll _____, how you'll _____, and what you'll _____.
8. The human body, as a temple, is a sacred place where the Spirit should be revered. True or False? _____
9. Focus on body image can be a _____ from nagging thoughts and disturbing emotions.
10. The number on the scale is just a number. It has only the _____ you give it.

Answer Key for Quiz

1. True
2. friend
3. False
4. creation
5. made, planned
6. body, body
7. be, look, do
8. True
9. distraction
10. power

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?

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