



*Eating Disorder*  
*Recovery*  
*Note Cards*  
By Laurie Glass

**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. This file is for the purchaser's personal use only.

This material is not a substitute for professional help and is not for the diagnosis or treatment of an eating disorder.

## **Table of Contents**

[Introduction](#)

[Note Cards](#)

[Coloring Page - FRIEND](#)

[Sources](#)

## Introduction

Let the Scriptures and quotes in this set soothe your heart. Inner pain can be one of the factors that drives you to food-related behaviors. It takes time to heal, and sometimes forgiving others is a part of that healing process. No matter how deep or longstanding the pain, let the quotes and verses in this set remind you that God's healing touch has no limits.

Find other sets on the [Note Cards](#) page.

If you like the note cards, you may also like the [Christian Eating Disorder Recovery Course](#), where you can get even more encouragement and inspiration for your recovery.

For the Lord comforts his people and will have compassion on his afflicted ones. Isa. 49:13b

There's no hurt so deep, no violation so horrific that God can't heal it.

*Laurie Glass*

Once you've healed, there will be less emotional upheaval to draw you into the eating disorder.

*Laurie Glass*

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles. 2 Cor. 1:3-4a

No matter how long you've been hurting, no matter how deeply your heart aches, there is hope for healing.

*Laurie Glass*

Open your heart to God's restorative hands.

*Laurie Glass*

The righteous cry out, and the Lord hears them; he delivers them from all their troubles. Ps. 34:17

God is there to listen, take you seriously, understand, comfort, and heal you.

*Laurie Glass*

Rest in God's presence, and bask in his love. Settle into that place and let him heal you.

*Laurie Glass*

Believe that God can heal any pain: because he can!

*Laurie Glass*

If you can't put your sorrow into words, you can still tell him you hurt and sit quietly with him, figuratively showing him your heart.

*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

Yet the Lord longs to be gracious to you; he rises to show you compassion.

For the Lord is a God of justice.

Blessed are all who wait for him!

Isa. 30:18

Downplaying your pain will not bring healing, but bringing those hurts to the Lord will.

*Laurie Glass*

He can and will sustain you through the most painful regrets and difficult times in your life if you will allow him to do his work.

*Laurie Glass*

The Lord is close to the brokenhearted and saves those who are crushed in spirit. Ps. 34:19

He heals the brokenhearted and binds  
up their wounds. Ps. 147:3

No matter how big the issues you face,  
God is bigger. No matter how deeply  
you hurt, God's love goes deeper still.  
Take a breath and focus on him.

*Laurie Glass*

The hurt may seem so deep that nothing  
can dislodge it, but God's love and healing  
touch can go even deeper. Your pain isn't  
beyond His reach.

*Laurie Glass*

For you, O Lord, have delivered my  
soul from death, my eyes from tears,  
my feet from stumbling, that I may  
walk in the land of the living.

Ps. 116:8-9

Be candid, release your feelings, and  
share them with the Lord to bring you  
to a healing place.

*Laurie Glass*

Bear with each other and forgive  
whatever grievances you may have  
against one another. Col. 3:13

Holding onto offenses just seals in the  
hurt they've brought to you.

*Laurie Glass*

Forgiving is one way to break free of  
the inner turmoil that drives you to  
food-related behaviors.

*Laurie Glass*

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Eph. 4:32

Since God commands forgiveness, he certainly stands ready to help you obey this command.

*Laurie Glass*

Forgiveness is a choice, not a feeling.

*Laurie Glass*

When you don't forgive, you keep the pain from someone's offenses or violations alive.

*Laurie Glass*

Forgiveness means you've acknowledged what's happened, but chosen to free yourself of its effects.

*Laurie Glass*

Then Peter came to Jesus and asked, "Lord, how many times shall I forgive my brother when he sins against me? Up to seven times?" Jesus answered, "I tell you, not seven times, but seventy-seven times." Matt. 18:21-22

It's hard to let go of resentment, but it's even harder to live with it brewing inside of you.

*Laurie Glass*

Forgive as many times as it takes. If you forgive once and it doesn't stick, don't let that stop you from trying again.

*Laurie Glass*

Fully  
Reliable  
In  
Each  
New  
Difficulty



## Sources

Laurie Glass, [\*Christian Eating Disorder Recovery Course\*](#), Experience Inner Healing, 2015.

Laurie Glass, [\*Christian Eating Disorder Recovery Course\*](#), Practice Forgiveness, 2015.

Laurie Glass, [\*Christian Eating Disorder Recovery Course\*](#), Let Go of Control, 2015.

Laurie Glass, [\*Journey to Freedom from Eating Disorders\*](#), 2010.

All Scripture is taken from THE HOLY BIBLE, NEW INTERNATIONAL VERSION®, NIV®

Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.®

Used by permission. All rights reserved worldwide.