



Eating Disorder
Recovery
Note Cards
By Laurie Glass

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Freedom from Eating Disorders, LLC

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Introduction

Let these cards redirect your thoughts to God's love and promises. Perhaps you turn to food-related behaviors in an attempt to control something when it seems everything else is out of control. Fear is closely related to that desire for control. Plus, a big part of recovery is facing your fears. With your focus on the Lord, though, you can build your faith and find strength to face your fears and temper your desire for control. You can move from fear to trusting God with the control of your recovery and your life.

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.

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

Laurie Glass

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

Laurie Glass

Let go of what controls you.
Then, in time and with prayer,
it will let go of you.

Laurie Glass

Do not be anxious about anything, but
in everything, 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

As I was with Moses, so I will be with
you; I will never leave you nor forsake
you. Josh. 1:5b

When you reach for control, redirect
your hand and reach for the Lord
instead.

Laurie Glass

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

Laurie Glass

You can rest, knowing that
circumstances are in the hands of the
God who loves you and loves
everyone involved.

Laurie Glass

God's love is the greatest antidote for fear, so by focusing on God's love, you're combating the fear that drives you to the desire for control.

Laurie Glass

In the Lord's strength, you can learn to accept what's beyond your control and discern what you can and can't do regarding your circumstances.

Laurie Glass

Ask God to lead your recovery. You couldn't be in safer hands.

Laurie Glass

The LORD is compassionate and gracious, slow to anger, abounding in love. Ps. 103:8

For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. 2 Tim. 1:7

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

You can live in fear and let it control you or you can face fear and break free from its effects.

Laurie Glass

While facing fear is easier said than done, that doesn't mean you can't try it, and it doesn't mean you can't succeed.

Laurie Glass

Peel fear off you and toss it away every chance you get. But don't stop there.

Replace it with something far greater—God's love.

Laurie Glass

You, Lord, are forgiving and good, abounding in love to all who call to you. Hear my prayer, Lord; listen to my cry for mercy. When I am in distress, I call to you, because you answer me.

Ps. 86:5-7

Don't let fear steal your chance at recovery, derail you, or freeze you in the grips of the eating disorder.

Laurie Glass

You have a choice. You can either let fear paralyze you or you can face it and move forward.

Laurie Glass

No matter how intense your fear, God's power and love are even greater.

Laurie Glass

Think of what a difference it could make if you could feel peaceful instead of anxious. You can!

Laurie Glass

Have I not commanded you? Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. Josh. 1:9

Fear has no place at your table.

Laurie Glass

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

Laurie Glass

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.

Laurie Glass

May God's love penetrate your fear,
his peace cover your panic, and his
grace see you through
to the other side.

Laurie Glass

Try to eat what scares you, and feel
what frightens you. Trust that God will
strengthen you as you face your fears.
In his power, you can overcome the
fears that are standing in the way of
your freedom.

Laurie Glass

Ask for God's presence when you feel
alone, his love when you're fearful,
his strength when you're weak,
and the Holy Spirit's ministry in your
heart when you need to hear
his voice the most.

Laurie Glass

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

So do not fear, for I am with you; do
not be dismayed, for I am your God. I
will strengthen you and help you; I will
uphold you with my righteous right
hand. Isa. 41:10

For I am the Lord, your God, who takes
hold of your right hand and says to
you, "Do not fear; I will help you."

Isa. 41:13

Standing
True
On
Messiah's
Promises

Sources

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

Laurie Glass, [*Christian Eating Disorder Recovery Course*](#), Face Your Fears, 2015.

Laurie Glass, [*Inspiration for Eating Disorder Recovery*](#), 2015.

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