

*Eating Disorder*  
*Recovery*  
*Note Cards*  
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## Introduction

Whether your guilt and shame are related to your eating disorder or other areas of your life, know that you don't have to let them rule you anymore. These are heavy weights you don't have to shoulder indefinitely. Sometimes, they even drive you deeper into eating disorder behaviors. Let the quotes and Bible verses in this set help you leave your guilt and shame in God's restorative hands and walk away lighter.


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.




Guilt can propel you toward freedom if you handle it the way God intended, or it can drive you deeper into the eating disorder if you remain in its grasp.

*Laurie Glass*




If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

1 John 1:9




Whether you need forgiveness and cleansing or his assurance that you've done nothing wrong, the Lord is there to give you what you need.

*Laurie Glass*




If you genuinely look at God's love, grace, and mercy, you'll see that his forgiveness has nothing to do with whether you feel worthy. It has everything to do with who he is.

*Laurie Glass*




As far as the east is from the west, so far hath he removed our transgressions from us. Ps. 103:12




You may FEEL unforgivable, but that doesn't mean you ARE unforgivable.

*Laurie Glass*




Confession, repentance, and accepting God's forgiveness are key; continuously holding guilt against yourself is not.

*Laurie Glass*




Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord.

Acts 3:19




Replace the lie that you're unforgivable with the truth that Christ's work on the cross accomplished all the forgiveness you need.

*Laurie Glass*




If you're concerned about forgiving yourself, you can breathe a sigh of relief. You don't have to forgive yourself!

*Laurie Glass*




Once you've confessed and repented, focus your eyes on Jesus instead of on your sin.


*Laurie Glass*



"Come now, let us settle the matter," says the LORD. Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. Isa. 1:18




In him we have redemption through his blood, the forgiveness of sins, in accordance with the riches of God's grace. Eph. 1:7




Self-condemnation won't rid you of guilt; putting it in God's hands will.

*Laurie Glass*




To say God has forgiven you but you can't forgive yourself is like saying Christ's work on the cross wasn't enough, that you have to do more than what Christ did to be forgiven.

*Laurie Glass*




Put your past, regrets, sin, mistakes, and ways you've been violated behind you. Don't let the past tether you to shame.

*Laurie Glass*




You are my hiding place, you will protect me from trouble and surround me with songs of deliverance. Ps. 32:7




Remember that not only does God forgive you, but he also cleanses you. You don't have to feel ashamed and dirty over anything anymore.

*Laurie Glass*




No matter how many times you've done what isn't good for you, tried to quit and couldn't, or given up, God still loves you without conditions, and he still wants to make you more like him.

*Laurie Glass*




What happened to you doesn't make you less of a person, and it doesn't make you bad, dirty, damaged or unlovable.

*Laurie Glass*




Instead of ruminating on your shame, try to focus on God's grace instead.

*Laurie Glass*




Ask the Lord to help you see yourself through his eyes instead of the eyes of shame.

*Laurie Glass*




Let go of shame, and it will let go of you.

*Laurie Glass*




The Lord is faithful to all his promises and loving toward all he has made. The Lord upholds all those who fall and lifts up all who are bowed down.

Ps. 145:13b-14




Give your shame to the Lord, turn  
around, and walk away lighter.

*Laurie Glass*




You didn't choose to have an eating  
disorder. You're trying to recover.  
That's nothing to be ashamed of.

*Laurie Glass*




The Lord can see right through shame  
to the real you, the beautiful you  
underneath that he created. So don't  
let that shame stand in the way of  
approaching him.

*Laurie Glass*




Understand that if you were abused,  
you don't deserve to feel ashamed.  
That individual decided to do  
something awful to someone; you did  
not. It wasn't your fault.

*Laurie Glass*




My soul is in deep anguish. How long,  
Lord, how long? Turn, Lord, and deliver  
me; save me because of your unfailing  
love. Ps. 6:3-4




Nothing can separate you from God's  
love, including shame.

*Laurie Glass*



Give your shame to the Lord as many  
times as it takes to leave it with him.

*Laurie Glass*



You can hold your head high as a child  
of God who is forgiven, cleansed, and  
loved.

*Laurie Glass*

Thank

God

I'm

Forgiven



## Sources

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

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

Laurie Glass, [\*Christian Eating Disorder Recovery Course\*](#), Learn to Deal with Emotions, 2015.

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