

*Eating Disorder*  
*Recovery*  
*Note Cards*  
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**Freedom from Eating Disorders, LLC**

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## Introduction

Recovery is complicated, so it's hard to maintain resolve and stay on track. It's easy to slip, or even fall into a full-blown relapse. This may happen many times in the course of recovery. Use the cards in this set to help you stay focused, put your setbacks behind you, and move forward stronger in your faith and in your recovery.


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.




You won't find freedom by giving up.

*Laurie Glass*




In my distress I called to the LORD; I cried to my God for help. From his temple he heard my voice; my cry came before him, into his ears. Ps. 18:6




Even if you feel weary, beat up, or broken, you can still recover.


*Laurie Glass*



Now faith is being sure of what we hope for and certain of what we do not see. Heb. 11:1




But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isa. 40:31




It isn't over yet. Where there is life, there is hope.

*Laurie Glass*




Take one step at a time. If you need to focus on an hour, or even a minute, at a time, so be it.

*Laurie Glass*




I can do everything through him who gives me strength. Phil. 4:13




If you gave up once, or even several times, it doesn't mean you can't fight again, and it doesn't mean you can't recover.

*Laurie Glass*




Even if you don't know what's ahead, believe that in the absence of the eating disorder, the future has to be better, whatever it may hold.

*Laurie Glass*




Even if you have numerous strikes against you, you can still heal and move forward.

*Laurie Glass*




Even baby steps add up to a journey.

*Laurie Glass*




You never know how close you are to a breakthrough. You might be closer to freedom than you think.


*Laurie Glass*




But you, LORD, do not be far from me. You are my strength; come quickly to help me. Ps. 22:19



The Lord himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged. Deut. 31:8




Listen to my words, LORD, consider my lament. Hear my cry for help, my King and my God, for to you I pray. In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly. Ps. 5:1-3




Don't let backward steps derail you;  
instead, let them strengthen you.

*Laurie Glass*




Just because you struggled for a time  
in the day doesn't mean you can't get  
back on track for the rest of the day.  
Each minute is a new one.

*Laurie Glass*




Use a setback as a stepping stone to a  
stronger you.

*Laurie Glass*




The Lord is a refuge for the oppressed,  
a stronghold in times of trouble. Those  
who know your name will trust in you,  
for you, Lord, have never forsaken  
those who seek you. Ps. 9:9-10




Do you not know? Have you not  
heard? The Lord is the everlasting God,  
the Creator of the ends of the earth.  
He will not grow tired or weary, and  
his understanding no one can fathom.

Isa. 40:28




Celebrate that there's no limit on how  
many times you can get back up,  
return to healthy choices, or renew  
your resolve to recover.

*Laurie Glass*




Look to the Lord when you need  
strength to steady yourself. There's no  
one more reliable.

*Laurie Glass*




Now to him who is able to do  
immeasurably more than all we ask or  
imagine, according to his power that is  
at work within us. Eph. 3:20




Great is our Lord and mighty in power;  
his understanding has no limit.

Ps. 147:5




A setback doesn't define your  
recovery. Try your best not to give it  
that kind of power.

*Laurie Glass*




Finally, be strong in the Lord and in his  
mighty power. Eph. 6:10




Imagine placing your relapse in God's  
hands, a place where you no longer  
have to ruminate on it.

*Laurie Glass*




Avoid the triggers you can. Plan ahead  
for the ones you can't.

*Laurie Glass*




But one thing I do: Forgetting what is  
behind and straining toward what is  
ahead, I press on toward the goal to  
win the prize for which God has called  
me heavenward in Christ Jesus.

Phil. 3:13b-14



Change your perspective on triggers.  
Think of them as prompts to turn to  
the Lord instead of the eating disorder.

*Laurie Glass*



You don't need to keep dragging a  
relapse around with you. Carry what  
you learned from it, but leave the rest  
behind you.

*Laurie Glass*

Hold

On

Pray

Expectantly



## Sources

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

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

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

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