

Eating Disorder
Recovery
Note Cards
By Laurie Glass

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Freedom from Eating Disorders, LLC

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Table of Contents

[Introduction](#)

[Note Cards](#)

[Coloring Page - FAITH](#)

[Sources](#)

Introduction

If you've had a difficult time allowing God to lead your recovery, let the reassurances in the quotes and verses on these cards help build your faith. When you're tempted to fear or doubt, pull out your cards and redirect your thoughts to the Lord. There's no one more trustworthy, willing, or able to lead your recovery. Let these cards remind you of that.

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.

The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. He is my shield and the horn of my salvation, my stronghold. Ps. 18:2

You CAN call on him, and you CAN receive power to say no to the eating disorder.

Laurie Glass

The more you share with the Lord, the more you open yourself up to his power in your recovery.

Laurie Glass

Before they call I will answer; while they are still speaking I will hear.

Isa. 65:24

The Lord is someone who keeps his promises, never leaves his children, and never changes. There is no one more trustworthy.

Laurie Glass

As a human, your resolve to recover can change in an instant, but God's resolve for your healing and freedom will never change.

Laurie Glass

Cast all your anxiety on him because he cares for you. 1 Pet. 5:7

The Lord is far greater than the doubts and fears in your heart, the steps backward that you sometimes take, and the desperation and hopelessness you sometimes feel.

Laurie Glass

God can give you the strength to let go of what hurts you, the wisdom to help renew your mind, the love you need to drive out your fear, and the healing that your heart needs.

Laurie Glass

God is our refuge and strength, an ever-present help in trouble. Ps. 46:1

Let us then approach the throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need. Heb. 4:16

You don't have to FEEL strong in order to BE strong. It's in human weakness that you can experience divine strength.

Laurie Glass

Pray continually. 1 Thess. 5:17

One time today, instead of saying I CAN'T recover from my eating disorder, try saying, through God's strength, I CAN.


Laurie Glass

Imagine a life without the bondage of the ED, a life of freedom from overwhelming lies and pent up painful emotions, a life of eating in freedom, a life better than anything the ED could ever give you.

Laurie Glass


It's time! Time to stop letting the ED control your life - time to reclaim what it has taken from you - time to make the most of available help and support - time to let God lead your recovery.

Laurie Glass




In your weary moments, you can confidently go to him for power. His strength is yours to claim.


Laurie Glass



If you love me, you will obey what I command. And I will ask the Father and he will give you another Counselor to be with you forever; the Spirit of truth. John 14:15-16




Because he himself suffered when he was tempted, he is able to help those who are being tempted. Heb. 2:18




He knows your heart and understands your needs before you can put them into words.

Laurie Glass




The Lord is never too busy, tired, or distracted. You always have his undivided attention.

Laurie Glass




You don't have to have the strength, endurance, or wisdom you need to overcome this struggle on your own. You can rely on God's guidance, healing, comfort, truth, strength, and presence.

Laurie Glass



The Lord hasn't taken his eyes off you. You're never out of his sight, and you're never beyond his reach.

Laurie Glass



He gives strength to the weary and increases the power of the weak.

Isa. 40:29

God has a better life waiting for you. A life without the bondage of ED, a life of freedom from overwhelming lies and pent up painful emotions, a life of eating in freedom, a life better than anything ED could ever give you.

Laurie Glass

Let the Lord usher you into a better life as you let the truth of his word penetrate your heart and direct your steps.

Laurie Glass

But when you are tempted, he will also provide a way out so that you can stand up under it. 1 Cor. 10:13

You can trust the Lord with everything in your heart – every challenge you face and every emotion you feel.

Laurie Glass

Fearing the future without the eating disorder will not bring you closer to freedom. Trusting the Lord with your future will.

Laurie Glass

I will praise the Lord who counsels me; even at night my heart instructs me. I have set the Lord always before me. Because he is at my right hand, I will never be shaken. Ps. 16:7-8

I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.

Eph. 3:16

Place your eating disorder in the Lord's hands. Give it to him as many times as you need to until you leave it with him.

Laurie Glass

Forever

Always

I'm

Trusting

Him

Sources

Laurie Glass, [*Christian Eating Disorder Recovery Course*](#), Invite God into Your Recovery, 2015.

Laurie Glass, [*Journey to Freedom from Eating Disorders*](#), 2015.

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

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