

Eating Disorder

TALKING POINTS/FACTS

- Explore the relationship of control in your life.
- Admitting there is a problem is the first step. Treatment is the second step.
- Who is your support system?

SCRIPTURES

- **Psalm 55:22** — Cast your burden on the Lord.
- **Philippians 4:13** — I can do all things through Christ who strengthens me.
- **Psalm 46:1-3, 10** — God is our refuge and strength.
- **Matthew 6:34** — Do not worry about tomorrow.
- **1 Corinthians 16:13** — Keep alert, stand firm in your faith, be courageous, be strong.
- **Romans 12:2** — Do not be conformed to this world, but be transformed by the renewing of your minds.

PRAYERS

O God, help me to see myself the way you see me. Guide me on this journey so that I may have great healing and health all the days of my life. In Christ's Name I pray. Amen.

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SUGGESTED READING

- *Brave Girl Eating: A Family's Struggle with Anorexia*
by Harriet Brown (William Morrow, 2010)
- *Wanting to Be Her: Body Image Secrets Victoria Won't Tell You*
by Michelle Graham (IVP Books, 2005)
- *Hope, Help and Healing for Eating Disorders: A Whole-Person Approach to Treatment of Anorexia, Bulimia, and Disordered Eating*
by Gregory Jantz (WaterBrook Press, 2010)
- *Made to Crave: Satisfying Your Deepest Desire with God, Not Food*
by Lysa TerKeurst (Zondervan, 2010)

FOR TEENS:

- *Perfectly Unique: Praising God from Head to Foot*
by Annie F. Downs (Zondervan, 2012)
- *More than Skin Deep: A Guide to Self & Soul* by Crystal Kirgiss
(Zondervan, 2011)
- *Picture Perfect: What You Need to Feel Better about Your Body*
by Jill Zimmerman Rutledge (Health Communications, 2007)
- *Made to Crave for Young Women: Satisfying Your Deepest Desires with God* by Lysa TerKeurst (ZonderKidz, 2012)

FOR TWEENS (9-12):

- *Body Talk* by Nancy Rue (ZonderKidz, 2007)