



CHRISTIAN PRINCIPLES OF EATING: FINDING BALANCE IN OUR VIEW OF FOOD

ELYSE FITZPATRICK

COUNSELING THOSE WITH ANOREXIA, BULIMIA, AND (OVEREATING) DISORDERS

Anorexia is a behavior that becomes a disease.

SECULAR DEFINITIONS

Anorexia

Bulimia

GENERAL BIBLICAL PRINCIPLES ABOUT EATING

Gluttony defined

Food was given to us for sustenance and pleasure

If food and drink is a gift to us from God, if there is no biblical command to be thin or count calories, shouldn't we just "Eat, drink, and be merry?" Why should we be concerned with this issue at all?

1. To glorify God _____

2. To seek to obey God and please Him in everything _____

3. To remain free from bondage to sin _____

4. To obey the fifth commandment _____

5. To steward the body, the temple of the Holy Spirit _____

6. To demonstrate a love for God _____

7. To pursue sanctification and a change of character _____

GOD FREQUENTLY TESTS HIS PEOPLE IN THE AREA OF FOOD, DRINK, BALANCE AND PRIORITIES

JESUS ALONE PERFECTLY BALANCED AND MODELED THE PROPER PLACE OF FOOD, DRINK, AND BODY CARE.

IN LIGHT OF THESE TRUTHS REGARDING FOOD, HOW DO WE HELP THOSE WHO HAVE BEEN TAKEN CAPTIVE BY EATING DISORDERS?

HELPING THE BULIMIC

1. Help them identify their false gods _____

2. Help them identify their false saviors _____

3. Diagnostic questions to consider _____

4. Help them see the ungodly desire for control _____

5. Help them identify attitudes of self-righteousness and legalism _____

HELPING THE ANOREXIC

1. Help them see their perfectionism, pride, despair or shame _____

2. Diagnostic questions to consider _____

3. Enlist the help of a physician or nutritionist _____

4. Work with the family or church body for accountability _____

5. Daily record keeping and weekly weigh-ins (without revealing the weight) _____

6. Teach them to develop a thank list _____

7. Remove scales, diuretics and laxatives from the home _____

8. Scripture memory _____

9. Contingency plan _____

BIBLICAL HELP IN DEALING WITH:

- Worry (Phil 4:6-9)
- Depression (Gen 4:7)
- Self-focus (Luke 9:22-23, Phil 2: 3-8)
- Anger (Eph 4: 26-27)
- Communication & Conflict (Eph 4:30 – 31)
- Dishonesty (Col 3:9)
- Loneliness (John 15:13)
- Blame-shifting (Gen 3)
- Hopelessness (Rom 15:14, 1 Cor 10:13)
- Ungodly judging (Rom 14: 1-12)

SCRIPTURE MEMORY

- Philippians 4:13
- 1 Corinthians 10:31
- Romans 14:20
- 1 Corinthians 6:20
- 1 Timothy 4:4-5
- Colossians 3:17

