

EATING DISORDER EMERGENCY SHEET

If you are overwhelmed with temptation to eat in a way that is destructive to your health, know you are not alone in this battle, and you have a Helper that is readily available to comfort you. All you have to do is ask Him.

First and foremost: *Please get professional help.* God has put the desire to be available to people, especially men, in my heart, because eating disorders are so shameful and easily hidden. Please call, text, or email me “HELP”—whatever is fastest for you. (206) 743-1346 / colt@supersetyourlife.com. I will pray with you and offer advice on where to turn to. You have my word our conversation will be strictly confidential. I will even go to give you my time 100% free if necessary because this is such a serious issue that you must overcome. You may need accountability, you may have an underlying emotional issue (I've been there brother), or maybe there is a chemical imbalance that needs medical attention. Whatever the source, I'm your friend that has been through the darkest strongholds of bingeing and purging, and I'm here to help you because I love you.

Please print this document and follow the steps below. You may do this by yourself, or I would be honored to walk you through this in person or over the phone.

Before beginning. Say this out loud, “For God gave us a spirit not of fear, but of power and love and self-control.” —2 Tim. 1:7. Remember this as you proceed to the deep breathing meditation.

Deep breathing meditation. In a quiet place, take 7 deep breaths in the following manner:

1. Close your eyes and exhale until there is no air in your lungs.
2. Inhale through your nose, imagining the oxygen going into your bloodstream and through your entire body, even to your toes and fingers. Hold your breath for 7 seconds.
3. While your breath is held, ask God with your soul to pour His Spirit upon your heart. it doesn't matter how you ask it; He listens to your heart and if you don't word it right, Jesus will intercede as a priest and re-interpret what you are trying to say. He understands.
4. Visualize the presence of the Spirit (often illustrated as water in the Bible) flooding your heart.
5. Flex your hands and feet a few times. These are your extremities, which will ensure the oxygen you are intaking is being delivered as energy throughout your body. If you are fatigued or stressed, this may fix your problem already at this point. Oxygen is the most basic fuel your body needs to function properly. Feel it empowering your body and mind.
6. Exhale through your mouth until your lungs are empty again.
7. Repeat this process 7 times.

Scriptural application. Speak these divinely-inspired passages out loud and write answers to the following questions.

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.” —Matt. 26:41. *Ask for the will of the Spirit within you to overcome your fleshly desires.*

What temptation is your flesh feeling right now? _____

“Man does not live by bread alone, but man lives by every word that comes from the mouth of the Lord.” –Deut. 8:3. God provided the Hebrews with manna when they were starving in the wilderness. He will also provide your needs, and junk food is not the answer. Is there anything you can think of that God has provided you now in this time of need? _____

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” –1 Cor. 6:19-20. (Technically this verse speaks of sexual immorality and is thus out of context but the same principle applies.) Do you believe in your heart that your body is really a temple? _____

POWERFUL—USE THIS ONE FOR ANY TEMPTATION: “No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” –1 Cor 10:13. What is the “escape” He is showing you? Ask the Spirit to reveal it to you and He always does. _____

“I delight to do your will, O my God; your law is within my heart.” –Psalm 40:8. Does God really want you to eat what you are about to eat? If you do, will this trigger a neurological pathway that will lead you away from a healthy diet? _____

MY FAVORITE: 😊 “Eat meat within any of your towns, as much as you desire.” –Deut. 12:15. If you are really hungry, eat something that truly nourishes you. What is the next meal you will eat that will provide your body with what it needs? _____
Does your body feel like it needs more fuel now? _____
_____ If so, eat!

“Not by might, nor by power, but by my Spirit, says the Lord of hosts.” –Zech. 4:6. The word of the Lord to Zerubbabel when he was encouraged to rebuild the temple in Jerusalem can remind you of the futility of relying on your will-power alone, which is insufficient in and of itself to tackle a challenge as serious as an eating disorder. Say this verse out loud over and over again so it is readily available the next time you need to call upon the power of the Spirit and remind yourself of how readily accessible He is.

Remember you are fearfully and wonderfully made (Psalm 139:14). Your body and your life is invaluable to your Creator, YOU are among His finest creation, and He loves you more than you can comprehend. Ask Him which of the 66 books of the Bible you should read next, and He will put the answer in your heart. You got this. And I’m here for you too. –Colt