

Eating Disorders



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An Eating Disorder, such as anorexia, bulimia, or gluttony is an abuse of healthy eating habits. The abnormal eating, whether it is too little or too much, becomes physically destructive. *Don't be ashamed! God loves you. He can help you.*

What is Anorexia?

Anorexia is when a person refuses to eat or lacks the desire to eat. This can be caused by many different factors, but is primarily linked to self-image. In North America this can result from the media and peer pressure to conform oneself to being thinner than is healthy; which is quite common among both women and men. There is also a form of anorexia when a person actually views themselves as heavier than they are and has a distorted body image that is not based in reality. While onlookers see an extremely thin person, the individual still sees fat on their body. This is a psychological disorder and a person should seek professional counsel from a licensed therapist. Anorectics can hide themselves by wearing baggy clothes, eating small bights and moving food around their plate to give the appearance of eating more.

What is Bulimia?

Bulimia is when a person is binge eating (eating way too much all at once) followed by self-induced vomiting to avoid severe weight gain. Unlike anorectics, a bulimic's goal is not to bypass eating large amounts of food; they do however resist eating in front of other people. Instead, when they are alone they will eat up to as much as 1,500-5,000 calories in a sitting. Typically they eat 'junk food' like cookies, ice-cream, candy, donuts, crackers and chips; this is done in an out-of-control manner, consuming the food almost without thinking. Like the anorectic, the bulimic has a low self-image and struggles from being out-of-control, while on the other hand the anorectic desires control by setting up strict eating habits for themselves. Bulimia is also associated with other out-of-control behaviors like sexually acting out, low self-esteem, depression and substance abuse.

Signs of bulimia: Their faces often have a puffy appearance and their hair, skin and nails have an unhealthy appearance. Additionally, bulimics who vomit often have bad breath, mouth sores and dental problems due to the frequent passing of powerful digestive acids.

What is Gluttony?

Gluttony is when a person is over indulgent and consumes an overabundance of food (or drink). This behavior results in a person being overweight to the point of being unhealthy and often times even obese. There is an important distinction here to be made, not all overweight people are gluttons, and not all gluttons are overweight. There are other reasons for being unhealthily overweight. This can result from laziness or being a sluggard, while also it can stem from immense pain in a person's life, if they have no purpose, no hope, are depressed, or are suffering from emotional pain they will do what is called 'eating their emotions.' Instead of seeking help for their problems they will eat as a way to escape their pain.

What does GOD think?

The Bible says that abusing your body is a sin. God knows your pain, knows your problems and struggles and is saddened for you and with you. He desires that you be able to live a fulfilled life, as a result of Him (John 10:10). In all three of these struggles, anorexia, bulimia and gluttony, the focus is far too much on SELF and FOOD. *GOD IS CONCERNED WITH YOUR HEALTH NOT YOUR SIZE.* As we enter times of trouble and problems we need to turn not towards earthly food, but the BREAD OF LIFE, Jesus Christ (John 6:35, 48, 51) who nourishes our souls. When we eat of Him our souls are satisfied. He can heal the broken hearted from all their misfortunes. When we focus on GOD and HEALTH, instead of FOOD and SELF, then we begin to be set free from thinking in terms of fat and thin. And begin to live in the reality of healthy and unhealthy.

I'm struggling...and want help.

Wanting to change is the first step. Trusting God to help you is the second. Take care to avoid situations that make you struggle. Talk to someone on the CSM team so we can be praying for you and help you get connected, you can talk to us during one of our weekend services or call the office at (512)863-6576. You don't have to handle this on your own!

Going Deeper

Reflect on: Genesis 1:26-27; Psalm 139:14; 1 Cor. 6:19.