



“Eating Disorders”

Study Questions

Always Hungry

1. How would you answer these questions?
 - Where do I feel most at home?
 - What makes me special?
 - Whose acceptance matters most to me?
 - What do I do to find acceptance?
 - What am I scared of?
 - What are my deepest desires (hungers)?
 - How do I try to satisfy those desires?
2. Where does God fit into your answers above?
3. Read Psalm 23. Where does the Bible say that God should fit?

Denying our dependence

4. In what ways do you live as though you don't need God?
5. What are the other things in life that you feel you need? (E.g. money, status, security, achievements, significance, relationships, experiences)
6. In what ways do you “starve” (try to control life through self-discipline) and “stuff” (seek contentment in people or things)?
7. Read Colossians 2:20-21. What ‘rules’ are you placing your hope in? How are these letting you down?

Food and feelings

8. When are you most tempted to binge/starve and purge? What do you feel at these points? How else could you deal with these feelings?
9. Read Ephesians 4:22. Our lives become *corrupted by deceitful desires*. What are the *desires* you are seeking through food/starvation/purging? How are those desires *deceiving* you? How are they corrupting you?
10. Read Ephesians 4:17-32. What are the resources Paul lists that enable us to put off the old self and put on the new? What specific steps can you take in response to these?

How ED's work

11. What are the long-term and short-term consequences of holding on to an ED?
12. What does your ED stop you doing? What would change if you didn't have it?
13. What scares you about holding on to your ED? What scares you about letting it go?
14. Read Galatians 5:1. This verse talks about *having been* set free as well as a present freedom to be enjoyed. How has the past freedom been secured? What would the present freedom look like in your life?

Hungry hearts

15. What does an ED promise to give you? What does it actually deliver?
16. According to an ED, what rules/truths that apply to others don't apply to you?
17. What excuses are you giving for delaying/resisting recovery?
18. Read Deuteronomy 8:1-5. According to these verses, why does God lead His people through a wilderness? What is He up to in the midst of your current struggles?

Living bread

19. Read Job 16:19-21. How does knowing Jesus as your witness, advocate, intercessor and friend help with your current struggles? (Think particularly about how He addresses your hunger, fear, anxiety and loneliness)
20. What would you like to say to your ED? Write it a letter. Then write a letter to Jesus asking for His help to let it go.
21. Read these words from Jesus: John 6:35, John 10:9, John 14:6, John 15:5. How can you remain in Him?

Walking in freedom (self-care)

22. How have you tried to recover in the past? What has helped? What has hindered?
23. In what ways must you change to move forwards? (Think about who you are and not about your circumstances).
24. Write a list of long term and short term goals. Break these into smaller tasks. Share them with a friend and pray them through.
25. Read Revelation 2:1-7. Jesus addresses a church that has lost its first love and advises them to get back to how they were when they first loved Jesus. What would that look like for you?

Feeding others

26. Carrying each other's burdens is a team effort (Galatians 6:1-2). Who else is being called to help along with you? How can you work and pray together?
27. Can you see how you are like the sufferer you care about? Pray through your similarities now.
28. What frustrates you most about the struggles of your loved one? Pray for grace and understanding from the Lord.
29. You cannot save another person. But Jesus is able to work in the darkest places. Read Isaiah 61:1 and bring your loved one before Him now.

Daily Bread

30. What makes you most vulnerable to temptation (e.g. internet, diet books, shopping, missing meals)?
31. How can you avoid these and replace them (e.g. with Christian biographies, worship, helping others, reading Bible and praying)?
32. When you feel stuck, read through Colossians 1:15-23. Who is Jesus according to these verses? Who are you? What's the way forward according to this passage? What does that mean for you today?