

### 3 eating disorders

Today we will end this commentary with Communion. Can't think of a better way to express healing in our eating than through Communion. **Jesus attachment heals eating disorders.** Like anxiety, an eating disorder reflects in the spiritual, emotional and physical realm. I believe eating disorders are most obvious in emotions, are rooted in spiritual lack, and manifest in physical illness. The best way to understand and heal food compulsions is to see what drives them...it's not what you eat, but what's eating you. We're not talking about diagnoses like hypothyroidism, cancer, malabsorption syndromes or other physical illnesses. Get proper diagnosis and treatment.

Unhealthy eating is a symptom of unhealthy attachment. Most eating disorders are emotionally driven behavior rooted in deep attachment needs. It's not logical or rational. Unconscious motives are more powerful than conscious motives. An eating disorder is an attachment disorder. Attachment disorders are often rooted in childhood lack and directly related to family deterioration. We try to replace a lack of nurturing with food. He said, Father forgive them... **Jesus attachment heals eating disorders.** Eating represents nurturing and life sustenance. He wants you to feel loved and nurtured. He adores you! What are you doing or feeling that is emotionally disconnecting? We all want to feel loved and belong somewhere to someone. Turn with me to John 17:21 AMPC: *"That they all may be one, [just] as You, Father, are in Me and I in You, that they also may be one in Us, so that the world may believe and be convinced that You have sent Me."* God is One – the Father, Son and Holy Spirit - just as Jesus prays for you to be integrated into one - spirit, soul and body.

**Jesus attachment heals eating disorders.** What are you attached to? What image are you attached to? Your body image is rooted more in perceptions and feelings than actual appearance. The more media focuses on physical perfection, the worse we feel about ourselves. The devil wants to focus on things you can't change so you stay stuck. God gave you a certain body. He also gave you the mind of Christ so you can see yourself with eyes of love. The definition of integrate is to make into a whole by bringing all parts together. The only way I can stay attached to Jesus, the only way I can stay connected is by being engrafted into the Vine. When you love, when you let everything you think, do and say be influenced by love, you become whole. Jesus is love. His love makes you whole. His truth sets you free. Truth has NO WALLS! This is what brings integrated wholeness. Jesus is the truth. He integrates you into

one because of His Truth inside you!!! He makes you whole by bringing all your parts together. Lies build walls inside of you causing incongruent and inconsistent thoughts, attitudes and behavior. Lied as hostess. Have you ever noticed it's easier to remember the truth than the lie?

You need to replace the attachment that you have to food with an attachment to Jesus, yourself and with loving others. Attachment does two things: it meets our deepest needs for love, belonging, mattering, and significance. Two: safe, secure, loving attachments then support the maturing we need to outgrow the eating disorder. This is what leads to change in how you use food. This is what we're doing here! We are making it safe to share, to love and be loved. Don't let toxic emotions and habits behind eating patterns get between you and God. The devil wants these toxic thoughts to break your God connection. **Jesus attachment heals eating disorders.** Eat to live. Don't live to eat. Our spirits need to be filled with proper nutrition just as our stomachs. We will wither without healthy physical and spiritual nourishment. *"Your ancestors ate manna in the wilderness, but they all died. Anyone who eats the bread from heaven, however, will never die. I am the living bread that came down from heaven. Anyone who eats this bread will live forever; and this bread, which I will offer so the world may live, is my flesh."* John 6:49-51 NLT.

God's natural laws lead us to His spiritual principles. The Israelites had an eating disorder! They ate a meal that met the need for the moment and would have to be repeated again. Using food to comfort or care for emotional needs won't work because the needs will still be there. You've got to attach to the Vine. **Jesus attachment heals eating disorders.** When I was bulimic I was so emotionally disconnected, so unconscious to my emotional and spiritual needs that I lived to eat. Once Jesus' healing through prayer and good counsel settled into my soul the vicious bulimic cycle stopped. I stopped ingesting all the critical thoughts, which had made me so emotionally sick that I wanted to throw it all up. Ingesting Scriptures and things that God said about me, replaced toxic thoughts with healthy ones. Good therapy and God's Word set me free. Don't be afraid or ashamed to get help. Use Bible therapy – the healing power of God's Word to replace toxic thoughts with healthy thoughts. Your body is a temple of the Holy Spirit. *"Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself."* 1 Corinthians 6:19 NLT. Learn to love yourself. Jesus said love your neighbor as you love yourself. Shame keeps you focused on a toxic view of yourself. Replacing shame with the mind of Christ enables you to see yourself in God's eyes. My eating disorder was fueled by a harsh critical view of

myself. *"Come to Me, all who are weary and heavily burdened [by religious rituals that provide no peace], and I will give you rest [refreshing your souls with salvation].<sup>29</sup> Take My yoke upon you and learn from Me [following Me as My disciple], for I am gentle and humble in heart, and YOU WILL FIND REST (renewal, blessed quiet) FOR YOUR SOULS.<sup>30</sup> For My yoke is easy [to bear] and My burden is light."* **Matt 11:28-30 AMPC.** Taking Jesus' yoke and seeing myself as a temple of the Holy Spirit motivated me to cherish my body and respect it. You belong to Jesus. He adores you.

Jesus wants us to be nurtured first by His Word and His Life. His sustenance brings healthy thinking that affects our eating patterns. Control and fear lie behind every emotional eating disorder. It's not what you eat. It's what's eating you. Your emotions will consume you if you don't acknowledge them. *"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."* **1 John 1:9 NIV.** You're only as sick as your secrets. When Just Jesus was being ready for publishing, my publicist told me her 2 favorites projects that year were Just Jesus and another book "Made to Crave" by Lysa Terkeurst. She prayed and asked God why was she so stuck in her eating issues? God told her that she desired food more than desiring God. Desire God first. Connect with Him first. **Jesus attachment heals eating disorders.**

Nurture yourself and your friends. Feed on God's Word and let Him replace all harsh and isolating thoughts that shame. It takes more courage to be vulnerable. We all need to make it safe for each other to fail and get back up without holding on to unworthiness. There are all sorts of stories we tell ourselves to make up for the emotional emptiness inside, even as believers. You are a whole, beautiful woman made in God's image. *"So God created human beings in his own image..."* **Genesis 1:27 NLT.** You are loved beyond belief, cherished by Jesus every minute, every second of every day. Be sure to read out loud your Eating Disorder Prayer Declaration. Replacing shaming thoughts with God's Word helps set you free. Let your **Jesus attachment heal your body image, your eating disorder, your brokenness.**

Understand what Jesus did for you before taking Communion. Communion represents the ultimate sacrifice God gave to us: His Son. Receiving the Bread of Life is the greatest healing step we can take in body image wholeness. Jesus shamed shame on the cross. He was disfigured beyond recognition so you could be beautiful. He took on sin so you could take on life. Upon Him was the burden of unspeakable pain so you could live in unspeakable joy. Rejoice!