

Eating Disorders

The Problem

If, when you honestly want to, you find you cannot quit overeating, bingeing/purging, or starving/exercising, you are probably suffering from an eating disorder. If that is the case you may be suffering from a problem that only a spiritual solution will conquer. Most people who cannot handle food and eating in a healthy way are unable or unwilling to admit to themselves or others that they are addicted. Yet both you and your loved one's suffer as a result of your addiction.

We live in a society that sends mixed messages. It urges us to "super-size" that meal and at the same time demands we be as thin as a model. In the midst of cultural insanity some of us became unable to handle food in a safe and healthy way. Some of us turned to food to numb the pain in our lives, while others have turned to food when it was our heart that was hungry. Many of us have found family pressures and food-messages from the past still affect us. Some of us have manipulated food in an attempt to control our lives. In the end, the food we sought to control actually controlled us and we became addicted.

The Solution

By working through the Christ-centered 12 steps and the 8 recovery principles with Jesus as our Higher Power, we can and will change. We experience the true peace and serenity we have been seeking when we admit that we are powerless and when we give our lives and our wills over to the care of God. It is only when we become dependent on God for our happiness that we can stop seeking our love and fulfillment in our dysfunctional ways of eating.

Here we learn a new way of living. We learn, at our own pace, how we can replace our old ways and gain a sane and healthy approach to food and eating. We learn to trust God to do for us what we cannot do for ourselves. As we take our focus of food and place it on our Higher Power we gain freedom from compulsive behaviors. As we become spiritually fit our health and body begin to recover. We discover that it is not about what we eat, but about what is eating us. This program gives us the tools to change. Those of us who have experienced life change through this program encourage you to keep coming back. It works, by God's power, if you work it!