

Eating Disorders

An eating disorder is a mental disorder defined by abnormal eating behaviors that adversely affect a person's physical or mental health. These behaviors may include eating either too much or too little.

Types of Disorders

- Anorexia and Anorexia Nervosa – severely restricted calorie intake
 - Fear of gaining weight
 - Distorted body image
- Bulimia Nervosa – eating large amounts of food in a short period of time
 - Comfort eating (Binge / Purge Cycle)
 - Feel they cannot stop or control how much they are eating
- Binge Eating Disorder (BED) – eating large amounts of food in secret
 - Compelled to eat even without hunger
 - Feelings of distress, shame, disgust, or guilt
- Avoidant / Restrictive Food Intake (ARFID) – avoiding certain smells, tastes, etc.
 - Bad experiences
 - Unrealistic fears
- Orthorexia – obsessive focus on healthy eating
 - Food allergies
 - Fear or distress

Motivations

- Fear
- Guilt and shame
- Self-Control
- Body Shaming

Prayer Strategy

- Ask the Lord for the source or root cause
 - False conclusion from childhood
 - Fear or distress
 - Trauma or abuse
- Forgive and forgiven
- Confirm truth
- Walk by the Spirit
- Pray a blessing over them