

Eating Disorders

Once you begin to become dissatisfied with your body and self-image, it can be easy to fall into cycles of unhealthy eating habits. At some point you may be willing to pay any price to feel good about the way you look.

When facing this issue head on, a crucial thing to remember is that God designed you with a purpose. The media has always spewed out warped ideals of what it means to be a man or a woman. But God loves you and wants you to live in freedom, the way He created you. The Bible says, in Psalm 139, that you were “[fearfully and wonderfully made.](#)” Every part of you was intentionally formed by your Creator. Understanding your identity in who God made you to be is the first step towards healing.

One of the core values at RFN is that you can't do life alone. You were meant to live and function within a safe, loving community. If you are dealing with this on your own, please tell someone who can help you.

This may be one of the most difficult steps for you to take, but it is the most important. Keeping your struggles a secret is the surest way of allowing it to take over your life completely. You are surrounded by people who love you and want God's best for you. Do not be afraid to consult professional help as well. Some problems can't be resolved without doctoral care. Because eating disorders are often associated with physical complications, it is important to schedule an appointment with a medical doctor as soon as possible. Meeting with a nutritionist can also help you develop healthy eating patterns.

And, no matter what, don't give up. Overcoming an eating disorder takes time. People who have gone through this struggle will tell you that it can sometimes take years to get on the other side of it. Set small goals you can reach in a short time to keep yourself encouraged, and keep setting goals you can attain. Don't let setbacks or obstacles in your path demoralize you. It's important to keep going, and others will help you through that process. You will not be alone.

If you are struggling with this topic, we want to help you. Please contact the church office at 919-772-0515 or email us at church.office@raleighfirstnazarene.org.

