

Fasting and Eating Disorders

Taken from KerriWeems.com

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Last week someone posted this comment on my blog anonymously, so I thought I'd take some time today to address it. The comment was:

"I am honestly afraid to ask this question, but this question of mine has plagued me every time I fast. I have eating issues. Not in the over indulgent department, but the deprivation department. If you tell me not to eat: No problem.

The very first sermon I ever heard from Stovall was on fasting. I was all about it and ready to jump in headfirst. I had many chains that needed breaking.

I do not know if it was something to do with my past, but I found myself falling back into the trap. It started to become about my body image rather than Gods image.

I want so desperately to fast in a way where my body image has nothing to do with it. I am desperate for God, not a different body.

How does someone with a past eating disorder fast?"

This is such a great question and I am sure that there are many people out there who are in the same boat but just haven't asked the question. Many of you who read this blog have already responded with grace and wisdom. Although I've never struggled with an eating disorder, I think I can add some wisdom to this situation.

This situation is a battle of the mind, and one you CAN win through Christ! ([Phil. 4:13](#)) Remember that fasting is a tool we use to get closer to God. It actually should keep us from being preoccupied with food. If our method of fasting causes us to obsess over what we eat in any way, we need to change either our approach or our mindset.

If giving up food is a stumbling block to you, then maybe you could give up working out—or at least cut back on it. If television, reading (other than the Bible) or shopping are a distraction to you, maybe you could stop doing those things. There are many distractions that we can eliminate from our daily routines — many ways that we struggle to stay in control, or distract ourselves from the real issues that are hurting us. If you can identify those other things, maybe you can give those up instead.

I remember one year in college I had become so contentious and prone to debate that I fasted speaking my own opinions for 21 days. It shed a lot of light on how much was coming out of my mouth that had nothing at all to do with God's standards and everything to do with my personal preferences. I realized that the standards by which I judged people and situations —

many of the things I often argued passionately for — were not definitively defended in the Bible. They were just my preferences and were often selfishly motivated. It was one of the most pivotal moments of growth in my Christian walk.

The main thing I encourage you to remember is that we are all covered by grace. God will show you what to do. His yoke is easy, and His burden is light. His way will bring rest to your soul. His commandments are not burdensome. Blessings as you seek His face.