

# Eating Disorders



A Biblical View of Diet and Exercise  
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# Different Types of Eating Disorders

If you are struggling with an overeating disorder, you are not alone. Millions of people everyday struggle to maintain their weight and a healthy lifestyle. It seems that no matter how hard they try, they can't seem to gain control. According to the Eating Recovery Center<sup>1</sup>, almost twenty nine million Americans will have an eating disorder sometime in their life, and affects all kinds of people of all ages from five to eighty years of age, with females being at the highest risk. This is a very common problem and is nothing to be ashamed about. The first step is admitting you have a problem and then seeking help. There are people who care, understand, and want to help you sort through it.

The purpose of this book is not to speak on eating disorders from a medical perspective, but from a spiritual one. It is easy to observe in our society that there are different types of eating disorders. Some people might have bulimia, anorexia, binge eating, or overeating. Each one of these has a symptom of a deeper rooted issue, whether it be medical, psychological, or spiritual.

There are some who do have medical issues with their hormones, or with their glucose and cannot lose weight no matter how hard they try. It is important to try to seek a medical doctor to balance these issues and get them under control, either through diet, exercise, supplements, or prescribed medicine. Then there are others who eat, not because they are hungry, but because they have negative emotions. This book is designed to address those issues, and coupled with talk therapy and Biblical counseling, should help you to overcome those problems.

## ***My Eating Disorder:***

I believe that I have an eating disorder called \_\_\_\_\_

I believe my eating disorder is caused by:

- ☐ Medical problems associated with my hormones, blood sugar resistance, or something else
- ☐ Trauma caused by past experiences like:  
\_\_\_\_\_
- ☐ A Physically or verbally abusive relationship I am currently in with my spouse, parents, at school, work, or other persons
- ☐ Spiritual issues like depression, anxiety, life's situations, or something else that I need to talk about or address: \_\_\_\_\_

If you need immediate help to be safe from an abusive relationship, there are people who can help you. Talk to the police and seek advice from crisis hotlines that can help intervene (See: Page 12).

1. <https://www.eatingrecoverycenter.com/resources/eating-disorder-statistics/>

# Triggers

**“Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things. 9 Those things, which ye have both learned, and received, and heard, and seen in me, do: and the God of peace shall be with you.”—**  
Philippians 4:6-7.

If you struggle with an addiction to food, it may be because you are triggered to eat by an event. Here are some common trigger events that may cause you to have an overwhelming desire to eat. Please place a check mark in the box or boxes that you feel best suits your situation:

- ☐ You become depressed over your situation in life
- ☐ You become very angry at someone or something
- ☐ You are punishing yourself for somethings out of guilt, shame, abuse you were subject to, or blame.
- ☐ You have abandoned hope of losing weight so you have decided to eat without discretion
- ☐ You have established a habit of eating every time you are alone, or at a certain time, or certain place
- ☐ You have a problem with your self-image or self-worth
- ☐ You have a lot of idle time, you are bored and eat while watching TV or on your computer
- ☐ When you turn on the TV, you see things that trigger your hunger and you have a hard time not thinking about it until you finally eat something
- ☐ You are pregnant and your hormones are imbalanced
- ☐ You have become addicted to sugar, and you allow your body to dictate when you eat
- ☐ You wish to escape reality, self-medication, the same way a man tries to drink away his problems
- ☐ You are having a mid-life crisis
- ☐ You are being bullied at school, or are under a lot of peer pressure, other people are making fun of you
- ☐ Something else: \_\_\_\_\_

These are just some of the many reasons why people are triggered into eating. Many times, people are triggered to feed their addictions because of what they allow themselves to think. They either think wrongly about themselves, or about their situation. They place themselves in compromising positions that will tempt them to eat and feed their addictions. Sometimes it is by accident, but sometimes they do it on purpose because they like it so much. The purpose of this lesson and this exercise is not to judge you, but to identify what it is that triggers your addiction to eating, and seek to deal with it at the root level.

In speaking about addictions, Jesus said, **“And ye shall know the truth, and the truth shall make you free.”**—John 8:32. Many times people become stuck in an addiction cycle, because they have believed lies. In all my years of life, I have never seen self-medication help anyone. Self-medication only brings you under the power and control of that which you are indulging yourself in. It can ruin your life, your health, and destroy your family.

# *The Dangers of Overeating, And From Living an Unhealthy Lifestyle*

**“All things are lawful unto me, but all things are not expedient: all things are lawful for me, but I will not be brought under the power of any.”—1 Corinthians 6:12.**

There are some obvious dangers you face in overeating and in living an unhealthy lifestyle. Some of the medical dangers include the development of diabetes, increased risk of heart attack or stroke, fatty liver disease, increase of visceral fat, cellulitis, high cholesterol, and death. In fact, the risk of death is higher than you might think. There are other risks involved with living an unhealthy lifestyle and overeating. There is a loss of self-esteem, loss of a desire for physical intimacy with your spouse, as well as allowing your children to learn bad eating habits, or allowing them to watch you suffer through your self-medication in regards to binge eating, or food addiction.

Your food addiction filters into every other area of your life, including the people you choose to associate with, the places you go to, and even your choice of work or career. It is important that you correct this behavior now. No one is too far gone that they cannot try to reverse course and start living a healthy lifestyle now. It takes a commitment, some self-determination, encouragement from those that are close to you, and a desire to live better. There are some things that you can do right way that will help you with your journey.

What are some of the other problems in your life that have manifested themselves due to your overeating, or food disorder?

- ☐ I have a loss of Sexual desire or intimacy with my spouse
- ☐ I have a loss of respect from others around me
- ☐ Others worry about me
- ☐ My children eat unhealthy
- ☐ I have arguments with my family, friends, co-workers as a direct result
- ☐ I take out my frustrations on others
- ☐ I feel tired all the time
- ☐ I have a hard time walking, exercising, or working like I should
- ☐ I spend a lot of money going to doctor's appointments
- ☐ I spend more money than my budget allows on food, often sacrificing other more important needs for it
- ☐ I am placing my family under a lot of financial stress because of it

If you checked any one or more of these boxes, then you must acknowledge that your food addiction needs to be corrected right away for obvious reasons. Sometimes it is necessary for you to see the pain it is causing you or others, because you may not have noticed it, or have been blind to it. Now that you see it, are you going to make a commitment to overcoming it? Are you ready to take the next steps?

# Change Your Mindset

**“I can do all things through Christ which strengtheneth me.”—Philippians 4:13.**

The very first thing you need to do in order to have victory in your life for any addiction, including overeating, is to have the right mindset. You need to go from a self-defeated attitude, to the knowledge that God can give you the strength to overcome any obstacle in life. Allow this to be an opportunity to build your faith in Christ in a very real way. Use this struggle to pray, and to seek the power of God on your life in dealing with it. Allow this to become an opportunity to draw close to God and to see Him work miracles in your life. You are not a victim, you are a victor!

**“If so be that ye have heard him, and have been taught by him, as the truth is in Jesus: 22 That ye put off concerning the former conversation the old man, which is corrupt according to the deceitful lusts; 23 And be renewed in the spirit of your mind; 24 And that ye put on the new man, which after God is created in righteousness and true holiness.”—Ephesians 4:21.**

Have a mindset that you are ready to go to battle with the enemy. Satan’s sole desire is to keep you defeated and downtrodden so that you will be useless in the Kingdom of God. You are not fighting this battle alone. If you have no one else, you have Jesus Christ, the King of kings and Lord of lords. You are not fighting the Devil in your own power, but you are doing all things through Christ which strengtheneth you.

**“¶Finally, my brethren, be strong in the Lord, and in the power of his might. 11 Put on the whole armour of God, that ye may be able to stand against the wiles of the devil. 12 For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places. 13 Wherefore take unto you the whole armour of God, that ye may be able to withstand in the evil day, and having done all, to stand. 14 Stand therefore, having your loins girt about with truth, and having on the breastplate of righteousness; 15 And your feet shod with the preparation of the gospel of peace; 16 Above all, taking the shield of faith, wherewith ye shall be able to quench all the fiery darts of the wicked. 17 And take the helmet of salvation, and the sword of the Spirit, which is the word of God: 18 Praying always with all prayer and supplication in the Spirit, and watching thereunto with all perseverance and supplication for all saints;”—Ephesians 6:10-18.**

**“For though we walk in the flesh, we do not war after the flesh: 4 (For the weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds;) 5 Casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ; 6 And having in a readiness to revenge all disobedience, when your obedience is fulfilled.”—1 Corinthians 10:3-6.**

The Devil has a stronghold or two in your life. It is God’s desire that Jesus have that ground. Don’t let the Devil continue to get victory over your life by keeping you in a prison. Don’t allow him to keep a stronghold in your life. Only the power of God can take a stronghold. Only by acknowledging that you are in a real war with the Devil that you can begin to start winning battles through the power of Christ. If the enemy can get you to lose heart, and convince you that you are a defeated or conquered person, then you will not even try. God’s Word says that you are more than a conqueror through Him that loved you. **“Nay, in all these things we are more than conquerors through him that loved us.”—Romans 8:37.** The Devil is a defeated foe and he cannot win the war. Jesus already won. Will you trust Jesus to fight for you and help you through this?

# Change Your Diet

**“Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.”—1 Corinthians 10:31.**

According to the Bible, your body is a temple, in which the Holy Spirit of God Himself resides. **“What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? 20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's.”—1 Corinthians 6:19-20.** As the temple of God, you are responsible for how it is kept. It is not your body to punish. It is the holy temple of God for you to keep up. It is not your body to defile. It is God's property, and as such, you should respect it, and keep it in such a way that others see God in you.

If people see that you are taking care of yourself, which would include eating in a healthy way, rather than putting garbage into your body all the time, it is easier for them to see that you have respect for yourself, and that you are more fit to serve God. Out of shape people cannot run a marathon, and neither can they serve God for very long without stopping. How can you clean a church if you are too out of breath to clean? How can you door knock if you can't walk down the entire street? How can you keep up with the kids if you are too tired to play with them?

Serving God requires good health. As a pastor, I have to mow the lawn on both my property and the church's. I have to do a lot of exterior work. I have to work hard to clean the church, and do all the snow shoveling in the parking lot. Hours upon hours of work at the church itself, besides all the door-knocking and street evangelism I have to do on a weekly basis. All that requires good health. **“¶Wherefore seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us,”—Hebrews 12:1.**

We are called to run the Christian race. It is not a race against other Christians, but against time itself. Life is the most precious thing, and life is made up of time. Thus, losing time means losing life. Time therefore is most precious indeed. In the Christian race, you can reduce your time here on earth by eating in an unhealthy way. You can develop high cholesterol, heart disease, clogged arteries, diabetes, and all kinds of food related health problems by eating in an unhealthy way that can result in an earlier death than you expected. If you are to run in this Christian race, and serve God, and be fit to do so, then you are going to have to discipline your body into eating healthier foods. Doing so will make you feel better physically, about yourself, and give you a sense of accomplishment. You will be happier in life, have more energy, and have better relationships with others.

***Some of the things you can do to help yourself right away are:***

- ☐ Stop Eating ultra-processed foods (foods with so many ingredients, that you cannot pronounce half of them, nor can you know what any of them really are)
- ☐ Eat high protein foods like chicken breasts, or other healthy meats that you can cook
- ☐ Cook lots of vegetables with your meals, like broccoli, carrots, cauliflower, mixed greens, and such like things.
- ☐ Eat half of what you normally would eat in a meal, try to reduce your appetite by getting your body used to eating less
- ☐ Don't keep snacks in the house, or you can allow your spouse to control your snack intake.
- ☐ Stay accountable to your spouse, let him or her help you with your diet
- ☐ Don't eat high carb meals. Eat high protein, low carb
- ☐ Walk, or exercise everyday

# Diet Plan:

Consult with a qualified dietician that can help you come up with a detailed meal plan that is easy to cook, and that you can prepare for yourself on a weekly basis. Make your meals and put them in containers so that you can store them in the refrigerator or freezer for easy preparation that takes minutes. All meal plans should be enough to last you five to seven days. Place the food you have prepared in microwave safe plastic containers for easy and fast preparation. Remember that eating out will cost you a lot more, and contains things like MSG's (Monosodium Glutamates), more preservatives, and have higher carb and fat contents. It costs less and you have more control over your food when you cook it yourself.

*An example of some diet plans that you can get started right away are:*

- ☐ Cook chicken breasts, frozen vegetables
- ☐ Grilled chicken salad. You buy enough salad, and salad toppings to place in plastic containers for five days, and place grilled chicken on top of it, using a light salad dressing.
- ☐ Roast beef, gravy, wild or brown rice, mixed greens
- ☐ Steak, with baked or black beans, wild or brown rice.
- ☐ Sliced turkey breasts, with mixed greens, frozen vegetables, and/or wild rice
- ☐ Tuna sandwiches

*Some of the things you can use for healthy snacks:*

- ☐ Popcorn without butter or oil, low salt
- ☐ Dried fruit snacks
- ☐ Peanuts, cashews, or other nuts
- ☐ Sweet fruits such as bananas, tangelos, oranges, ect.
- ☐ Vegetables like tomatoes, cucumbers, or even pickles
- ☐ Protein cookies or snacks such as Cliff Bars
- ☐ Protein shakes that taste like chocolate or coffee
- ☐ Black coffee (some types of sugars like sucralose, monkfruit, or Stevia are good)
- ☐ Tea (Matcha Tea, Moringa Tea, Green Tea, Black Tea), honey is healthy to add to tea and is sweet
- ☐ Honey
- ☐ Gluten free snacks are often healthy to eat

Have a meal schedule! Schedule out your day to eat only at certain, predetermined times and keep to it the best you can. Make it a matter of extreme importance. Stick to it religiously. The combination of your schedule, your accountability partner, and your meal plan will help you to stay healthy, feel better, more accomplished, and allow you to do more for both your family and your church. Your kids will be proud of you. Your coworkers will see a difference in your energy, your work, and your attitude. You will carry yourself with a better sense of pride and accomplishment.

**MY MEALS AND SCHEDULE FOR THE WEEK OF:** \_\_\_\_\_

This week I will prepare the following meal to last a period of five to seven days:

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**My Scheduled times to eat will be:**

- ☐ Coffee or tea will be at: \_\_\_\_\_ am
- ☐ Breakfast will be at: \_\_\_\_\_ am, and I will eat \_\_\_\_\_ for breakfast
- ☐ Lunch will be at \_\_\_\_\_ pm, and I will eat \_\_\_\_\_ for lunch
- ☐ Snacks will be at: \_\_\_\_\_ pm, and I will have \_\_\_\_\_ for my snack
- ☐ Dinner time will be at \_\_\_\_\_ pm, and I will eat \_\_\_\_\_ for dinner
- ☐ Coffee, tea, snack, can be at \_\_\_\_\_ pm before bed. I will eat \_\_\_\_\_ to snack

**Accountability partner:**

- ☐ I verify that my spouse has stuck to this schedule and did a good job!
- ☐ My spouse did not stick to this schedule, and here are the areas of improvement he or she needs to work on:

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**Personal Notes about how I felt and did during this week's diet plan:**

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# Change Your Lifestyle

**“Let your conversation be without covetousness; and be content with such things as ye have: for he hath said, I will never leave thee, nor forsake thee.”—Hebrews 13:5.**

Changing your lifestyle means not sitting at home and watching television all day long. It means finding something meaningful and fulfilling to do with your time during the day. Going to work can be very fulfilling. Sometimes it can become mundane, but stay motivated and know that you are earning money to pay for bills and things you need for your family. If you are a home keeper, then make a schedule of tasks that you need to accomplish for that day so that you are not tempted to sit all day and watch the television. There are a lot of things you can do at home:

- ☐ Keep things neat and tidy
- ☐ Cook meals
- ☐ Work in the garden or the yard
- ☐ Organize the closet, or kitchen
- ☐ Dust the tops of the fans
- ☐ Take online courses
- ☐ Exercise on the treadmill, elliptical, or stationary bike.

I am sure there are a lot of things you can think of doing while at home to stay moving, and not be stationary all the time. Doing these things will keep you from boredom, bring more meaning to your life, and give you a sense of accomplishment. The movement will also aid in keeping you from gaining too much weight from just sitting around all day and eating out of boredom. The key is to make a daily schedule and stick to it. An example of a daily schedule might be:

## **My Schedule for Monday:**

**6am:** Wake up, have coffee, read Bible, pray

**7am:** Exercise, elliptical, treadmill, stationary bike.

**8am:** Cook, eat breakfast (two eggs, two or three slices of toast, apple juice)

**8:45 am:** Shower, get ready for work, for the day

**9:15 am:** Leave for work

**12pm:** Lunch time, stick to lunch plan for the day

**5pm:** Done with work, go home, pick up kids from school, etc.

**6pm:** Get ready for the evening with the family, and for dinner

**7pm:** Eat dinner with family, discuss how the day went

**8pm:** Wind down, get ready for family devotions and prayer

**8:30-8:45pm:** Put the kids to bed, get ready to go to bed and wind down to wake up at 6am for the next day

A consistent schedule means that you have a habit of waking up at the same time every day and you allow yourself the time to accomplish your tasks. It means that you are not rushed around and fighting over bathroom time, or that you are late for work because of a traffic jam. It means that you plan your day instead of letting your day plan you. It means planning to succeed, rather than setting yourself up for failure. Prayer, devotions, and Bible reading are all an essential to your spiritual health and happiness within the family. **“For bodily exercise profiteth little: but godliness is profitable unto all things, having promise of the life that now is, and of that which is to come.”—1 Timothy 4:8.**

**“See then that ye walk circumspectly, not as fools, but as wise, 16 Redeeming the time, because the days are evil.”—Ephesians 5:15-16.**

**Today’s Schedule will consist of:**

5am: \_\_\_\_\_  
6am: \_\_\_\_\_  
7am: \_\_\_\_\_  
8am: \_\_\_\_\_  
9am: \_\_\_\_\_  
10am: \_\_\_\_\_  
11am: \_\_\_\_\_  
12pm: \_\_\_\_\_  
1pm: \_\_\_\_\_  
2pm: \_\_\_\_\_  
3pm: \_\_\_\_\_  
4pm: \_\_\_\_\_  
5pm: \_\_\_\_\_  
6pm: \_\_\_\_\_  
7pm: \_\_\_\_\_  
8pm: \_\_\_\_\_  
9pm: \_\_\_\_\_  
10pm: \_\_\_\_\_  
11pm: \_\_\_\_\_  
12am: \_\_\_\_\_  
1am: \_\_\_\_\_  
2am: \_\_\_\_\_  
3am: \_\_\_\_\_  
4am: \_\_\_\_\_

Personal Notes for the Day:

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Appointments I need to keep:

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Tasks that need to get accomplished:

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Meals that I will need to eat:

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## *Conclusion:*

It is very important that you allow yourself to be accountable to others for how you eat if you are to overcome your bad eating habits. Food addictions are easy to get, because food is so readily available, and there are a lot of unhealthy things that one can buy. It seems that the unhealthy items usually cost less than the healthy foods. It is often cheaper to eat unhealthy than it is to eat healthy. Establishing a food budget, and sticking to your meal plans and daily schedules will help ensure you are successful on your road to eating better and living healthier. Speaking to a qualified dietician or primary care doctor should ensure that you are on the right track in your choices to stay healthy.

### ***HOT LINES:***

- Call 911 or visit a local emergency room
- The Veterans Crisis Line is a confidential and free hotline for veterans and their families and friends. Call 1-800-273-8255 (Press 1) or connect via chat or text (838255).
- The Veteran Combat Call Center is a 24/7 hotline where you can talk with another combat veteran: 1-877-WAR-VETS (1-800-927-8387).
- The National Suicide Prevention Lifeline: 1-800-273-TALK
- SAMHSA's National Helpline, 1-800-662-HELP (4357) (also known as the Treatment Referral Routing Service), or TTY: 1-800-487-4889 is a confidential, free, 24-hour-a-day, 365-day-a-year, information service, in English and Spanish, for individuals and family members facing mental and/or substance use disorders. This service provides referrals to local treatment facilities, support groups, and community-based organizations.
- Also visit the online treatment locator, or send your zip code via text message: 435748 (HELP4U) to find help near you.
- National Substance Abuse Hotline: 866-210-1303
- Lifeline: Dial 988

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