

Celebrate Recovery of Allen

Recovery from Eating Disorders

The Food Addiction Group will provide support to all who struggle with food issues and will focus on strengthening the individual's relationship with God. This will provide freedom from the ongoing internal battle with food. You can expect to become closer to God through His Word, the Recovery Principles and the love and support of the people in your group.

The Problem

- Throughout our lives many of us have turned to food to ease our pain or fear
- We felt comfort in eating and found ourselves turning to food whenever we were hurt, angry or frustrated
- Food became our comforter, our friend
- Some of us may have one specific food that we have trouble eating in healthy amounts, and that once we start eating it, we cannot stop
- Some of us may have been emotionally, physically or sexually abused and use food to cope with the emotions of those events
- Some of us may have had healthy eating habits as children or young adults, but at some point in our lives we chose to overeat and lost the ability to discern when we were physically hungry or when we were physically full
- Some of us may have turned to food after obtaining sobriety in other areas
- We thought food was "safe," not realizing it could become our "drug of choice"
- We have focused on our body image instead of our health
- Many of us have tried various diet programs, exercising, medications or many other ways of trying to control our eating habits
- We have failed over and over and are left feeling guilty, incapable and unlovable
- We have given in to the idea that there is one perfect diet or pill out there that can save us if only we could find it
- Some of us believe that thin people do not struggle with food addiction
- As a result of our food addiction, we feel out of control and may struggle with many other areas of our lives
- Some of us have low self-esteem which may affect our motivation, and our relationship with God and others

The Solution

- We came to realize that we are powerless and could not control our addiction to food
- We understand that our problems are emotional and spiritual
- We are ready to face our denial and accept the truth about our lives and our food addiction
- We are ready to accept responsibility for our actions and make Jesus the Lord of our lives
- We are dedicated to learning about healthy eating
- We are committed to learning the difference between physical and emotional hunger
- We are willing to turn to God when we are not physically hungry

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- We will begin to view food as fuel for our body so that we will not eat unless we are physically hungry and stop when we are physically full
- We are willing to begin the process of recovery and working through the 12 steps to heal ourselves, and start living the life God has planned for us
- We are willing to find a Sponsor and Accountability Partners
- We realize our group provides a safe place to share our fears, hurt or anger and is also a place to rejoice in victories
- We are willing to face our character defects and work through these feelings in our group
- We are willing to take the focus off of food and focus on God
- We recognize that recovery from food addiction is not about our body image or what foods we eat, but it is about trusting God and having an intimate relationship with Him
- We are willing to believe and trust in God's love for us, and to see ourselves as He sees us
- We are willing to seek a closer relationship with God
- By facing our fears, we have realized that we need Jesus Christ and the Holy Spirit in our life to overcome those fears
- As we surrender our food addiction to God, we will come to know that He is all we need
- We will continue to seek a daily quiet time with God and will rely on the Holy Spirit as our source of comfort. We will be transformed by the renewing of our minds
- We will use the tools of recovery: calling our accountability partners, journaling and reading the Bible

Some have arrived at this crossroad. One road, a soft road, lures you on to further despair, illness, ruin, and in some cases, mental institutions, prison, or suicide. The other road, a more challenging road, leads to self-respect, solvency, healing, and personal fulfillment. We urge you to take the first difficult step onto the more solid road now.

Twelve Steps and their Biblical Comparisons

- 1. We admitted we were powerless over our addictions and compulsive behaviors. That our lives had become unmanageable.** *"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out."* (Romans 7:18)
- 2. We came to believe that a power greater than ourselves could restore us to sanity.** *"For it is God who works in you to will and to act according to his good purpose."* (Philippians 2:13)
- 3. We made a decision to turn our lives and our wills over to the care of God.** *"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship."* (Romans 12:1)
- 4. We made a searching and fearless moral inventory of ourselves.** *"Let us examine our ways and test them, and let us return to the LORD."* (Lamentations 3:40)
- 5. We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.** *"Therefore confess your sins to each other and pray for each other so that you may be healed."* (James 5:16)
- 6. We were entirely ready to have God remove all these defects of character.** *"Humble yourselves before the Lord, and he will lift you up."* (James 4:10)

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- 7. We humbly asked Him to remove all our shortcomings.** *“If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.” (1 John 1:9)*
- 8. We made a list of all persons we had harmed and became willing to make amends to them all.** *“Do to others as you would have them do to you.” (Luke 6:31)*
- 9. We made direct amends to such people whenever possible, except when to do so would injure them or others.** *“Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift.” (Matthew 5:23-24)*
- 10. We continued to take personal inventory and when we were wrong promptly admitted it.** *“So, if you think you are standing firm, be careful that you don’t fall!” (1 Corinthians 10:12)*
- 11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.** *“Let the Word of Christ dwell in you richly.” (Colossians 3:16)*
- 12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.** *“Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted.” (Galatians 6:1)*

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