

LECTURE # 14

EATING DISORDERS

I. INTRODUCTION

A. _____ - the habitual behavior pattern of intentional, voluntary self-starvation in which a person is overly _____ with food and eats very little because she dreads _____, despite being seriously _____.

1. From Greek for "_____."
2. _____ for a lack of appetite is rare.

B. _____ - the habitual behavior pattern of consuming huge amounts of food and then trying to rid oneself of the calories by inducing vomiting, taking laxatives or diuretics, exercising excessively, or using a combination of these various methods.

1. It is sometimes called the _____/_____ disorder.

II. A "TENTATIVE" PROFILE (SCRATCHING THE SURFACE).

A. _____ "warning" signs.

1. _____ enough to maintain weight.
 - a. Typically, weighs less than _____% of what is normal for her age and height.
 - b. May _____ obsessively.
 - c. Avoids _____ meals or dramatically changes diet. (Eliminating meals; high calorie foods; handles food in ritualistic way).
2. Has an abnormal fear of gaining weight.
3. Speaks of _____ or certain parts of her body as _____.
 - a. Says she is fat, rather than _____.
 - b. Some say they are not actually fat, but _____ fat.
4. Has not _____ in the last three months. (Malnutrition has caused estrogen levels to drop too low).

B. Bulimic "warning" signs.

1. Consumes very large amounts of food in a _____
_____. (As much as 20,000 calories in a 2 hour span).
2. _____ eating - Embarrassed by problem so tries to
hide it from family, friends, YOU.
 - a. Report feeling _____ when embark on eating
orgy.
 - b. Eating episodes typically triggered by _____.
3. Her self-image is closely linked to her weight and shape.
4. Eroded tooth enamel.
5. Abrasions on backs of hands.
6. Bulimia is harder to _____ because...
 - a. _____ is maintained at or above a normal
level.
 - b. Behavior is _____.

C. Those affected.

1. 90-95% of anorectics are _____
-- therefore "she"
2. Bulimia is a problem most often with adolescent girls and young
adult women.
3. Appears to begin most often with the _____
associated with female adolescence.

D. Some "common" traits (*tentative*, again!)
- Credit to Elyse Fitzpatrick

1. Anorectics
 - a. Wrong view of _____
 1. Practice these kind of habits because they have a desire
to prove that they are _____/
able to control distasteful bodily impulses that control
everyone else.

2. I'm better than _____, my body doesn't rule me!
 3. Confusion about whether body is inherently _____ or _____.
 4. Whether looking like a _____ woman is inherently good or evil.
- b. Desire to control, manipulate and express their displeasure with life's circumstances.
 - c. Ruled by ungodly _____, _____.
- result of living to please self.
 1. Fear over maturing.
 2. Fear over losing power over others.
 3. Fear over gaining weight.
 - d. Parents who may be pre-occupied with _____.
2. Bulimics
- a. Habits of _____.
(Rapacious desire for more than you need or deserve. Compulsion to find release in food is greed).
 - b. Desire for instant _____.
 - c. Desire to appear _____.
 - d. Desire to appear outwardly beautiful.
 1. _____ (man) pleaser.
(Wanting to cover up sins so others will think well of her).
 - e. Desire to save herself from her sins - penance.
(Bingeing - to make up or atone for her sin of self-indulgence).
 - f. _____ and a desire for instant solutions.
 1. Proverbs links laziness and craving
(Proverbs 13:9; 21:25-26).
 2. May be _____ to biblical plan for change.
 3. Must see that _____ (purge) will lead to more and more (the binge).

E. Physiological consequences.

1. Anorexia

- a. Loss of menstrual cycle.
- b. Lowered body temperature.
- c. _____ of the stomach.
- d. Growth of a coat of downy hair.
- e. 15 - 20 % _____ rate (SERIOUS!).

2. Bulimia

- a. Erosion of teeth - from stomach acid.
- b. Erosion of esophagus.
- c. Inability to digest food.
- d. Involuntary vomiting.
- e. Bowel _____ or extreme diarrhea.
- f. Loss of menstrual cycle.
- g. Slow heartbeat.
- h. Lowered body temperature.
- i. Coat of downy hair.

III. UNDERSTANDING THE _____ AND THE _____.

A. Typical _____ (not using Scripture) analysis.

- 1. America's prejudice against _____ and the glorification of _____.

 - a. To be thin is to be _____, in control, fit and content.
 - b. To be overweight is to be ugly, helpless, lazy and unhappy.

- 2. Low _____ - _____.

3. _____.
 (How else to explain these “compulsions” that seem beyond control or the “irrational” behavior of voluntary starvation to death).
- a. _____ determined.

B. _____ with an unbiblical analysis.

1. The unregenerate will _____ have a _____ understanding (Romans 1:18ff; Ephesians 4:17-19).
2. It puts this _____ problem into the category of _____ and _____.
 a. But even here they are _____.
 1. No laboratory profile is diagnostic for an eating disorder....”
 2. “Explain to your patient that during cognitive therapy, she will learn to identify some of the irrational thoughts and beliefs that have been contributing to her disorder. The therapist will then offer rational alternatives, a process called reforming.”
3. It removes responsibility from the counselee, thus robbing her of _____ and cutting them off from the sources of power for change (2 Tim. 3:14-17; Rom. 4:16-17).

C. The _____ of biblical analysis.

1. Notice the _____ used here to describe the problems (greed, penance, lust to control, etc.).
 a. How you _____ will dictate how you _____.
2. The Scriptures provide an _____ means of _____ (Hebrews 4:12).
3. But what does the Scripture say about anorexia and bulimia?
 a. _____!! - because that is not the _____.

4. But it has a great deal to say about the heart and its _____, _____ and _____ and habitual sinful _____ (cf. Proverbs 4:25; Romans 6:19).
(BASIC ISSUE, therefore rich and detailed for these folks).
- a. America's attitudes? – _____ (Romans 12:2).
 - b. Perfectionism and judgmental attitudes (Colossians 2:20-25).
 - c. Desire to control circumstances (Jeremiah 17:5-8).
 - d. _____ at life's circumstances/rebellion (Job 40:1; Rom. 8:28-29).
 - e. Pleasing _____ (fear of disapproval) (Prov. 29:25; Is. 51:12-13).
 - f. Ungodly _____ (1 John 4:18; Luke 12:4-5).
 - g. Low _____ - _____? (cf. Luke 9:23)
 - h. _____? (cf. Romans 6:19; Proverbs 5:22)

IV. HELPING THE COUNSELEE.

- A. Remember that change must happen at many levels and in many areas.
1. The counselee must not merely change her eating habits (behavior level) but also her _____, _____, motivations (heart level) - This is, I believe, where the battle must be joined.
 2. Since this is a life-dominating sin, all _____ must be addressed.
 3. The answer to the problem is _____ (Ephesians 4:22-24; Colossians 3:1-17).
 - a. Changed thinking; growing in obedience, guided by word, in dependence on Spirit.
 - b. Put _____ / Put _____.
- B. For both disorders
1. _____ exam is necessary.
 - a. To follow up on _____ consequences.

- b. To make sure there is not an _____ cause; i.e., is there a failure of body to feel full?
- c. Doctor should explain physiological changes that will occur as she starts to eat _____.

2. Gathering data.

- a. Relationship to and view of _____.
(Salvation! legalistic?)
- b. History of _____ - _____ problems.
(She and other family members).
- c. Relationship with _____.
- d. Find out thought patterns, motivations, idols.
- e. Discover the “_____”.
- f. _____ the problem properly.
 - a. Chosen, intentional pattern of _____, not illness.
 - b. Generates _____, physical symptoms, but at heart, is not a medical problem.
 - c. Sinful habits of thinking and acting.

3. Give _____! (Romans 15:13)

4. _____ the agenda; what is your goal? (Phil. 1:20; Matt. 5:16)

- a. Not to _____ this problem and become functional!
- b. Much _____!
- c. See passages – conformity.

5. Remind them of body ownership (1 Corinthians 6:19-20).

- a. These are _____ - heart attitudes.

C. Anorexia

- 1. Put off wrong view of perfection (that leads to pride) and replace with biblical _____ and _____ (in the Lord) (Jeremiah 9:23; Philippians 2:3-11).

2. Put off the lust to control and put on _____ (Jer. 17:5-8).
3. Put off ungodly fear and put on _____ and service (2 Corinthians 7:1; 1 John 4:18).
4. See the Appendix on Anorexia from Elyse Fitzpatrick's, "Helping Anorexics," The Journal of Biblical Counseling, Vol. 11:3. pp. 22-23.

↪ detail!

D. Bulimia

1. Put off the cravings for instant gratification and greed with trust in God and the riches of _____ (Luke 12:15-21).
2. Put off surface perfection and the desire to please others and replace with honesty and purity of heart (Ephesians 4:26; 1 Peter 3:3-4).
3. Put off penance and legalism and put on _____ and a proper view of the _____ (Phil. 3:7-9; Gal. 6:14; Phil. 3:3).
(Bridges illustration).
4. Put off laziness and put on _____ (1 Tim. 4:7).
5. See the Appendix on Bulimia from Elyse Fitzpatrick's, "Helping Bulimics", The Journal of Biblical Counseling, Vol. 11:2, p. 20.

↪ detail!

6. Treat this as a _____ - _____ sin.

V. CONCLUSION

- A. Remember that anorexia and bulimia are issues of _____ and _____.
- B. Be reminded that the _____ is God's Word on _____ and _____.

RECOMMENDED READING

Fitzpatrick, Elyse, "Counseling Women for Overeating and Bulimia" in *Women Helping Women*, eds. Elyse Fitzpatrick and Carol Cornish. Eugene, OR: Harvest House Publishers, 1997.

_____, "Helping Anorexics", *The Journal of Biblical Counseling*, 11:3 (Spring 1993), pp. 19-23.

_____, "Helping Bulimics", *The Journal of Biblical Counseling*, 11:1 (Winter 1993), pp. 16-20.

_____, "Helping Overeaters", *The Journal of Biblical Counseling*, 11:1 (Fall 1992), pp. 51-56.

_____, *More Than Bread: A Workbook for Women Who Struggle With Eating*. San Diego: Christian Counseling & Educational Foundation, 1992.

Powlison, David, "Your Looks: What the Voices Say and the Images Portray," *The Journal of Biblical Counseling*, 15:2 (Winter 1987), pp. 39:43.

Welch, Ed, "Is Biblical-Nouthetic Counseling Legalistic?" *The Journal of Pastoral Practice*, 11:1 (Fall 1992), pp. 4-21.