## Faith and Healing: Navigating Mental Health and Eating Disorders



Explore God's grace and strength for women facing eating disorders to find peace, hope, and restoration through Scripture and devotion.





#### Table of contents

<u>Introduction</u>	3
Day 1:  Finding Identity in God's Love	4
Day 2: Renewing the Mind with God's Word	10
Day 3: B Healing the Broken Spirit	16
Day 4:  Strength and Courage to Overcome	22
Day 5: Embracing Restoration and Hope	28







#### Introduction

Understanding mental health challenges, especially eating disorders, is vital for holistic healing. Women struggling with these disorders often face an intense battle within their minds and bodies, feeling isolated and misunderstood. The Bible does not shy away from acknowledging human suffering; rather, it offers comfort, hope, and a path toward renewal through God's love and truth. This study is designed to help women dealing with eating disorders find spiritual encouragement and practical guidance rooted in Scripture.

Throughout this journey, you will encounter Scriptures that remind you of your worth in God's eyes, His power to restore, and the community He calls us to build. Mental health battles can feel overwhelming, but you are not alone. The psalmist's prayers, the wisdom of Proverbs, and the hope found in the New Testament all speak life into brokenness. We will lean on these truths together.

Each day invites reflection, prayer, and journaling geared toward internalizing God's message of healing. We acknowledge the complexity of eating disorders, which can entangle physical, emotional, and spiritual facets. This plan emphasizes that God's love transcends our struggles and that true freedom comes as we rest in Him. Let's walk this path toward hope and renewed well-being, encouraging one another and growing stronger in faith every step of the way.















#### Your Verse

Psalm 139:14 – I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well.

#### **Supporting Scriptures**

- Ephesians 2:10 For we are God's handiwork, created in Christ Jesus to do good works...
- 1 Samuel 16:7 The Lord looks at the heart, not the outward appearance.







#### Devotional: Embracing God's Intentional Creation

Eating disorders often stem from a distorted self-image and a deep longing for acceptance. Yet, the Bible makes it clear that our worth is not dependent on how we look or what we achieve but on how God has made us. Psalm 139:14 reminds us that we are intentionally and wonderfully created by a loving God who knows every part of us.

Women battling eating disorders may feel trapped by feelings of inadequacy, but we are encouraged to remember that true identity is found in God's love. Ephesians 2:10 underscores that we are God's workmanship, crafted for a purpose far greater than weight or appearance.

Today, reflect on how God views you with amazing intentionality and care, especially beyond what the mirror shows. When negative thoughts arise, challenge them by recalling God's truth over your life. This is where healing begins—knowing that God's love is unwavering and not based on your physical form.







## Reflect and Apply

1.	How have societal standards influenced how you view yourself?
	What truths from Psalm 139:14 and Ephesians 2:10 can replace negative self-talk?
	In what ways can you remind yourself daily that you are wonderfully made by God?







### **Journaling Prompts**

1.	Write about a moment when you felt God's love beyond your appearance.
2.	List aspects of your character and spirit God might delight in.
	Describe how embracing God's view of you can change your feelings about food and body image.







#### Prayer for Today

**Heavenly Father,** thank You for creating me with care and purpose. Help me to see myself through Your eyes, not the world's standards. When fear and doubt creep in, remind me that I am fearfully and wonderfully made. Strengthen me to reject lies and cling to Your truth about my identity. Guide me to Your peace and healing each day. *In Jesus' name, amen.*  $\bigwedge$ 







# Day 2: PRenewing the Mind with God's Word









Day 2: Renewing the Mind with God's Word

#### Your Verse

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind.

#### **Supporting Scriptures**

- Philippians 4:8 Whatever is true, noble, right, pure... think about such things.
- 2 Corinthians 10:5 We take captive every thought to make it obedient to Christ.







Day 2: Renewing the Mind with God's Word

## Devotional: Transforming Thoughts Through God's Truth

Mental health struggles can often be fueled by harmful thought patterns and lies we believe about ourselves. Romans 12:2 calls us to a transformation, emphasizing that change begins in our minds. Our thoughts directly impact our emotions and behaviors, including how we relate to food and self-care.

This day invites you to consider what messages you are allowing to shape your mind and heart. Are these thoughts aligned with God's truth, or are they reflecting the world's broken standards? Philippians 4:8 encourages us to focus on things that are pure and lovely, filling our minds with godly perspectives.

2 Corinthians 10:5 reminds believers to actively take control by capturing destructive thoughts and replacing them with obedience to Christ. By consciously renewing your mind through Scripture and prayer, you can begin to dismantle the strongholds that contribute to your eating disorder, paving the way for spiritual and emotional healing.







Day 2:  $\bigcirc$  Renewing the Mind with God's Word

## Reflect and Apply

What common negative thoughts do you notice about yourself or your body?
How can you begin to 'take captive' these thoughts in obedience to Christ?
What positive, God-honoring truths can replace unhealthy mental patterns?







Day 2:  $\bigcirc$  Renewing the Mind with God's Word

### **Journaling Prompts**

	Write down negative thoughts and next to each, write a Scriptural truth that counters it.
2.	Describe what renewing your mind daily could look like practically.
3.	Reflect on how focusing on pure and lovely things affects your emotions.







Day 2: Renewing the Mind with God's Word

#### Prayer for Today

**Lord Jesus,** my mind is often overwhelmed with negative and harmful thoughts. Help me to renew my mind with Your truth and not conform to destructive patterns. Teach me to think on what is true, pure, and excellent. Empower me to capture and surrender every negative thought to You. Bring peace and clarity where confusion reigns. Amen.

















Day 3: B Healing the Broken Spirit

#### Your Verse

Psalm 34:18 - The Lord is close to the brokenhearted and saves those who are crushed in spirit.

#### **Supporting Scriptures**

- Isaiah 41:10 Do not fear, for I am with you; do not be dismayed...
- Matthew 11:28 Come to me, all you who are weary and burdened, and I will give you rest.







Day 3: B Healing the Broken Spirit

#### Devotional: God's Nearness in Our Brokenness

Eating disorders often leave the spirit feeling crushed under the weight of shame, guilt, and exhaustion. The Lord promises in Psalm 34:18 that He is near to those with broken hearts. This nearness brings comfort and the assurance that we are not abandoned in our pain.

Healing begins when we invite God into the broken places. Isaiah 41:10 reminds us that God strengthens and holds us, encouraging us not to fear despite our struggles. Jesus' invitation in Matthew 11:28 is a balm for weary souls, offering rest for those burdened by the hard fight.

Spiritual healing does not erase the struggle overnight but changes how we carry it—with the presence and peace of God. Accepting God's comfort allows us to replenish strength and hope one step at a time.







Day 3: 💋 Healing the Broken Spirit

## Reflect and Apply

1.	Where do you feel most broken or burdened right now?
2.	How can you practically invite God's presence into your pain daily?
3.	What does Jesus' invitation to rest mean for your mental health journey?







Day 3: 🥬 Healing the Broken Spirit

### **Journaling Prompts**

	Write a letter to God expressing your brokenness and asking for His comfort.
2.	Describe a time when you felt God's presence during emotional pain.
3.	List ways you can create space for resting in God despite your challenges.







Day 3: B Healing the Broken Spirit

#### Prayer for Today

**Dear God,** my heart feels heavy and my spirit weary. Thank You for being close to me in this brokenness. Help me to lean into Your presence when I feel crushed and to find rest in You. Strengthen me each day and calm my fears with Your unchanging love. I surrender my burdens to You, trusting You to heal and restore. In Jesus' comforting name, amen. \*\*\mathbb{Y} \ifftig\* \mathbb{Y} \iffty







## Day 4: V Strength and Courage to Overcome









Day 4: ① Strength and Courage to Overcome

#### Your Verse

Joshua 1:9 - Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.

#### **Supporting Scriptures**

- Philippians 4:13 I can do all this through him who gives me strength.
- 2 Timothy 1:7 For God gave us a spirit not of fear but of power, love, and self-control.







Day 4: ① Strength and Courage to Overcome

#### Devotional: God's Strength Empowers Our Courage

The journey toward healing from eating disorders requires strength and courage that come from God. Joshua 1:9 encourages believers not to succumb to fear or discouragement because God's presence goes with us wherever we face battles. This promise includes mental health struggles.

Knowing that God empowers us opens the door to overcoming addiction, anxiety, or harmful habits. Philippians 4:13 reminds us that our strength comes through Christ, not solely our own willpower. Additionally, 2 Timothy 1:7 assures us that God has given a spirit of power and self-control, important tools for walking in freedom.

Today, embrace the confidence that God equips you with all you need to fight for wellbeing and peace. By relying on His strength, even the darkest moments can yield victory.







Day 4: **(**) Strength and Courage to Overcome

## Reflect and Apply

1.	What fears or discouragements hold you back from healing?
2.	How can you invite God's strength into your daily struggles?
	What does having a spirit of power, love, and self-control look like for you?







Day 4: **(**) Strength and Courage to Overcome

### **Journaling Prompts**

	Recall a past victory where God's strength helped you overcome difficulty.
2.	Write down fears you want to surrender to God's power and love.
3.	Plan practical steps to rely on God's courage and self-control this week.







Day 4: ① Strength and Courage to Overcome

#### Prayer for Today

**Lord,** give me strength when I feel weak and courage when fear threatens my heart. Remind me that You are with me always and that I am never alone in this fight. Help me to walk forward with power, love, and self-control. Fill me with Your Spirit to overcome every challenge and embrace Your freedom. Amen. **Control Control <b>Control Control <b>Control Control Control Control <b>Control Control**







## Day 5: Day 5: Embracing Restoration and Hope









Day 5: 💮 Embracing Restoration and Hope

#### Your Verse

Jeremiah 29:11 - For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future.

#### **Supporting Scriptures**

- Lamentations 3:22–23 Because of the Lord's great love we are not consumed, for his compassions never fail. They are new every morning.
- Revelation 21:4 He will wipe every tear from their eyes.







Day 5: 💮 Embracing Restoration and Hope

#### Devotional: Hope in God's Restorative Plan

Healing is a process that involves surrendering to God's plans for our lives, including mental health and physical wellbeing. Jeremiah 29:11 reassures us that God's plans are full of hope and restoration, even when our current situation feels overwhelming.

God's compassion renews us each day as Lamentations reminds us, offering fresh mercy and a chance to start anew. Though the path can be difficult, the promise of a hopeful future encourages us to keep moving forward. Revelation 21:4 points to ultimate restoration—in God's presence, pain and suffering will cease entirely.

Today is about embracing that hope and trusting God with the ongoing journey toward health. Take heart that God is the author of your future, weaving grace and healing into your story.







### Reflect and Apply

1.	What hope do you find in knowing God's plans include your restoration?
2.	How can you rely daily on God's new mercies and compassion?
	What does ultimate healing and restoration look like to you in God's promises?







### **Journaling Prompts**

1.	Write about your hopes for healing and how God's promises inspire you.
2.	List ways you can remember God's compassion during setbacks.
	Describe what trusting God's future plan means for your mental health journey.







Day 5: Embracing Restoration and Hope

#### Prayer for Today

**Gracious Father,** thank You for the hope You give and the loving plans You have for me. Help me to embrace Your restoration and trust in Your mercy each day. When healing feels slow, remind me that Your compassion is new every morning. I cling to the promise of a future full of peace, and I surrender my fears into Your hands. Amen.  $\triangle$   $\square$   $\triangle$ 







#### Where God's Word Meets Your Daily Life

#### A Personal Invitation from HolyJot

We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at info@holyjot.com.



Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.