Freedom in Christ: Overcoming Anorexia Through Biblical Identity



A 21-day journey to heal body image and control struggles by embracing God's truth and your true identity in Christ.





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Introduction

Welcome to a transformative 21-day Bible study focusing on freedom from anorexia, grounded in the unshakable truth of God's Word. Anorexia often stems from deep-seated struggles around body image, self-worth, and control. This study invites you to discover healing by anchoring your identity not in the mirror or weight scales, but in Christ's love and purposes for your life.

As you embark on this journey, you will explore key Scriptures that affirm your worth as a beloved child of God, designed wonderfully in His image. You will learn how to replace destructive thoughts with God's promises and find strength to surrender control to Him. This process is not just about overcoming an eating disorder; it's about embracing a new lens through which you see yourself—a lens refined by God's grace and truth.

Each day includes a Scripture passage, devotional reflections, and thoughtful questions to help you dig deeper into your heart and mind. Because healing is holistic, journaling prompts encourage honest self-examination and prayer guides you into a place of surrender and trust.

Remember, God's love is not dependent on your body shape or habits. He loves you unconditionally and delights in your healing. Let this study be your companion toward freedom, restoration, and renewed joy in the body God has given you.







May you find strength, hope, and identity in Christ alone.







Day 1: V Finding Your True Identity in Christ









Day 1: V Finding Your True Identity in Christ

Your Verse

2 Corinthians 5:17 – "Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!"

Supporting Scriptures

- Galatians 2:20 "I have been crucified with Christ and I no longer live, but Christ lives in me."
- Psalm 139:14 "I praise you because I am fearfully and wonderfully made; your works are wonderful."







Day 1: V Finding Your True Identity in Christ

Devotional: Embracing Your New Identity in Christ

Today marks the beginning of your journey toward freedom and healing.

The foundation for overcoming anorexia and distorted self-image starts with understanding your identity in Christ. Often, we tie our worth to external factors such as appearance or control over our bodies, but God sees us differently. He calls you a "new creation" because through Him, your past struggles and shame do not define you anymore.

2 Corinthians 5:17 assures us that in Christ, old patterns and brokenness no longer hold sway. You are invited to embrace the truth that you are wonderfully made—not by the standards of this world, but by God Himself, who knit you carefully and lovingly (Psalm 139:14).

As you meditate on these truths, ask yourself: Who am I in Christ apart from my struggles? What does being a "new creation" mean for how I view myself today? Surrender your need to control your body as a means of identity and rest in the fact that God defines your worth.

Let today's reflection be a turning point, laying the bedrock for your healing path. God's love is the true measure of your value, and He is ready to walk with you, renewing your mind and heart.







Day 1: **(**) Finding Your True Identity in Christ

Reflect and Apply

1.	How have you been defining your worth before this study?
	What does it mean practically to be a 'new creation' in your daily thoughts about your body?
	In what ways can you begin to reject old negative beliefs and replace them with God's truth?







Day 1: **(**) Finding Your True Identity in Christ

Journaling Prompts

	Write about your current feelings toward your body and your desire for control.
2.	List Scriptures or affirmations that remind you of your identity in Christ.
	Describe a moment when you felt truly valued by God regardless of appearance.







Day 1: **(**) Finding Your True Identity in Christ

Prayer for Today

Dear Lord, thank You for loving me unconditionally and creating me fearfully and wonderfully. Help me to see myself as You see me—a new creation in Christ. Teach me to release control and find my worth in You alone. Renew my mind and heal my heart as I begin this journey toward freedom. I trust Your promises and lean on Your strength today and always. In Jesus' name, Amen. ⚠ ❤️ ❖

















Your Verse

Matthew 11:28 - "Come to me, all you who are weary and burdened, and I will give you rest."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Philippians 4:6–7 "Do not be anxious about anything... and the peace of God will guard your hearts."







Devotional: Surrendering Control to Receive Rest

The desire to control your body often stems from deep anxiety and weariness. Controlling food intake or body shape can feel like the only way to manage overwhelming emotions. Yet God invites you into a different kind of rest—one where you surrender your burdens and find peace in Him.

In Matthew 11:28, Jesus calls the weary and burdened to come to Him for rest. This is not passive rest but a restful trust that replaces striving and anxiety. God promises His peace will guard your heart and mind, freeing you from the chains of worry and control.

Today, ask yourself what areas you are trying to control out of fear or insecurity. What would it look like to hand those fears over to God and accept His peace? Practicing stillness and opening your heart to God's presence can begin to loosen the grip control has over you.

Let this rest begin to heal your soul and remind you that God is bigger than your struggles. His strength is made perfect in your weakness.







Reflect and Apply

1.	Where do you feel the most need for control in your life?
2.	How can you practically 'be still' and recognize God's sovereignty today?
3.	What fears might be driving your attempts to control your body?







Journaling Prompts

1.	Write about what it feels like to release control to God.
2.	List areas of your life where God's rest is most needed.
3.	Describe a moment when you experienced God's peace despite hardship.







Prayer for Today

Lord, I come to You feeling burdened and weary. Help me to lay down the need to control and to trust You fully. Teach me to find true rest in Your presence and peace in my heart. Guard my mind against anxiety and renew my spirit with Your calm assurance. I release my fears into Your loving hands. In Jesus' name, Amen.







Day 3: PRenewing the Mind with Truth









Day 3:
Renewing the Mind with Truth

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

- 2 Timothy 1:7 "For God gave us a spirit not of fear but of power and love and self-control."
- Hebrews 4:12 "For the word of God is alive and active, sharper than any double-edged sword."







Day 3:
Renewing the Mind with Truth

Devotional: Transforming Your Mind with God's Word

Many struggles with anorexia begin in the mind, rooted in lies and distorted thoughts. The world bombards us with harmful messages about worth tied to appearance or performance. However, God commands us not to conform but to be transformed by renewing our minds with His truth.

This transformation happens through intentional effort to replace lies with Scripture and God's promises. As you engage deeply with God's Word, it becomes a sharp weapon against harmful thoughts and fears (Hebrews 4:12).

Remember, God has not given you a spirit of fear but of power, love, and self-control. This spirit empowers you to resist destructive mindsets and embrace freedom. Today, practice catching negative thoughts and replacing them with scriptural truths like "I am loved," "I am enough," and "God is in control."

Renew your mind daily so your heart and actions follow God's freeing truth, not the world's lies.







Day 3: \bigcirc Renewing the Mind with Truth

Reflect and Apply

1.	What lies about yourself or your body are you believing?
2.	How can you use Scripture to challenge and replace those lies?
	What thoughts do you want to invite into your mind to build peace and strength?







Day 3: \bigcirc Renewing the Mind with Truth

Journaling Prompts

1.	List common negative thoughts you experience about your body.
2.	Write down Scripture verses that counter those negative thoughts.
	Describe how renewing your mind with God's truth changes your feelings.







Day 3:
Renewing the Mind with Truth

Prayer for Today

Father God, I ask You to renew my mind and help me reject the lies I have believed. Fill me with Your Spirit of power, love, and self-control. Let Your Word be the foundation of my thoughts and guard my heart from fear and deception. Help me to see myself through Your eyes and live in the freedom You provide. In Jesus' name, Amen. \bigwedge

















Your Verse

2 Timothy 1:7 - "For God did not give us a spirit of fear, but of power, love, and self-discipline."

Supporting Scriptures

- Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God."
- Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears."







Devotional: Conquering Fear through God's Spirit

Fear is a powerful enemy in the battle against anorexia and control issues. It can deceive us into believing we're alone, unworthy, or that we must manage everything ourselves. But God's Word reminds us that fear is not from Him.

2 Timothy 1:7 highlights that God empowers us with strength, love, and self-discipline, not fear. This truth invites you to confront and replace your fearful thoughts by relying on God's presence and promises.

Isaiah 41:10 offers further comfort, assuring you that God is with you, providing strength and courage in the midst of your struggles. When fears assault your mind, pause and claim Psalm 34:4, reminding yourself that seeking the Lord leads to deliverance from fear.

Today, choose to reject fear and embrace God's empowering spirit. Recognize the real source of strength is God's love working in and through you.







Reflect and Apply

1.	What fears fuel your eating disorder or control tendencies?
2.	How can remembering God's promises about fear shift your perspective today?
3.	Where can you intentionally invite God's strength in moments of fear?







Journaling Prompts

Write about a recent fear that impacted your thoughts or behaviors.
List Scriptures you can use to combat fear when it arises.
Describe how God's power and love make you stronger than fear.







Prayer for Today

Lord Jesus, I face fears that try to control me and keep me trapped. Please remind me that I do not have a spirit of fear but of power, love, and self-discipline. Help me to trust in You when fear comes, knowing You are my strength and refuge. Deliver me from all fears and fill me with courage to walk freely in Your love. In Your name, Amen. \triangle







Day 5: \$\frac{1}{8} \text{Embracing God's Unconditional} \text{Love}









Your Verse

Romans 8:38–39 – "Nothing... will be able to separate us from the love of God that is in Christ Jesus our Lord."

Supporting Scriptures

- 1 John 3:1 "See what great love the Father has lavished on us, that we should be called children of God!"
- Ephesians 2:4–5 "But because of his great love for us, God, who is rich in mercy, made us alive with Christ."







Devotional: Resting in God's Perfect Love

The voice in your head might tell you that you must earn love through perfection or control, especially regarding your body. Yet God's Word assures you that His love is unconditional and unbreakable.

Romans 8:38–39 promises that nothing can separate us from His steadfast love. This truth demolishes the lie that your worth depends on how you look or what you do. You are dearly loved simply because you are God's child.

1 John 3:1 reminds you of the immense value God places on you, so much so that He calls you His own. Ephesians 2:4–5 echoes this by showing God's mercy brought us to life with Christ, regardless of our past or setbacks.

Rest in this perfect love today. Let it soothe your heart, heal wounds, and break the cycle of striving for conditional worthiness.







Reflect and Apply

	How have you tried to earn love or acceptance through control or perfection?
2.	What comforting truth about God's love can you hold onto today?
	How might embracing unconditional love change your approach to healing?







Journaling Prompts

1.	Write about your experience of feeling loved unconditionally by God.
2.	Describe moments you've tried to earn love and how that impacted you.
3.	List ways you can remind yourself of God's love daily.







Prayer for Today

Heavenly Father, thank You for Your unchanging, unconditional love. Help me to believe that nothing can separate me from Your love, no matter my struggles. Teach me to rest in Your embrace and release my need to earn affection. Fill me with the assurance that I am Your precious child. In Jesus' name, Amen.









Day 6: 🗱 Healing From Shame









Your Verse

Isaiah 54:4 - "Do not fear; you will not be put to shame."

Supporting Scriptures

- Psalm 34:5 "Those who look to him are radiant; their faces are never covered with shame."
- John 8:36 "So if the Son sets you free, you will be free indeed."







Devotional: Breaking Free from Shame's Grip

Shame often lies at the heart of anorexia, whispering that you are unworthy or broken because of your struggle. But God's Word offers a powerful antidote: freedom from shame through His grace and deliverance.

Isaiah 54:4 encourages you to reject fear and shame, embracing God's promise of acceptance, radiant restoration, and dignity. Looking to God illuminates your true worth, wiping away the shame that clouds your view.

Psalm 34:5 reminds that those who focus on God's goodness radiate His joy and confidence. Most profoundly, John 8:36 assures us that Jesus' freedom is complete—no shame can bind you when you walk in His truth.

Begin to replace shame with the freedom Christ offers, knowing you are chosen and valued beyond your mistakes or challenges.







Reflect and Apply

1.	Where does shame influence your thoughts or behaviors?
2.	How does knowing Jesus frees you from shame impact your healing?
3.	What steps can you take to look to God instead of shame today?







Journaling Prompts

	Write about moments when shame felt overwhelming and how you responded.
2.	List ways God's promises combat shame in your life.
3.	Describe how freedom from shame would change your daily walk.







Day 6: **\$\text{\$\text{\$\text{\$\genty}\$}}\$** Healing From Shame

Prayer for Today

Lord, shame tries to hold me captive, but I choose to look to You for healing. Help me to believe that I am not defined by my struggles or failures. Replace my shame with Your freedom and joy. Guide me to live confidently as Your beloved child, free and radiant. In Jesus' name, Amen. \bigwedge

















Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

Supporting Scriptures

- Philippians 4:13 "I can do all this through him who gives me strength."
- Isaiah 40:29 "He gives strength to the weary and increases the power of the weak."







Devotional: Receiving Strength in Your Weakness

Feeling weak in your battle with anorexia is natural, but God's grace covers your weaknesses and transforms them into strength. 2 Corinthians 12:9 reveals that God's power shines brightest when we admit our limits.

God does not demand perfection but offers His strength when we feel unable to continue. Philippians 4:13 encourages us that, through Christ, we can face all challenges because He empowers us.

Isaiah 40:29 beautifully promises that God's strength is specifically given to those who are weary, renewing their energy and perseverance.

Today, instead of striving in your own strength, lean into God's powerful grace. Share your weaknesses with Him and invite His strength to flow.







Reflect and Apply

1.	What areas of your struggle feel weakest or most overwhelming?
2.	How can admitting weakness open the door for God's strength?
3.	What does it mean to rely on God's grace daily?







Journaling Prompts

1.	Write about a time when God's strength helped you through hardship.
2.	Describe what it feels like to surrender control and accept God's power.
3.	List practical ways to depend more on God's strength in your daily life.







Prayer for Today

Father, I confess my weakness and ask for Your grace to be sufficient in my life. Help me to trust that Your power is made perfect when I am weak. Strengthen me, renew my spirit, and empower me to keep moving forward. I rely fully on You. In Jesus' name, Amen. ⚠ ఈ 💥















Your Verse

1 Corinthians 6:19–20 – "Your body is a temple of the Holy Spirit... therefore honor God with your body."

Supporting Scriptures

- Psalm 139:13 "For you created my inmost being; you knit me together in my mother's womb."
- Romans 12:1 "Offer your bodies as a living sacrifice, holy and pleasing to God."







Devotional: Honoring Your Body as God's Temple

Your body is not just a vessel; it is a sacred temple where God's Spirit dwells. Often anorexia convinces you that your body is something to control or punish, but Scripture paints a much more beautiful picture.

1 Corinthians 6:19–20 calls you to honor God by caring for your body as His dwelling place, not by harming or restricting it harshly. God formed you intricately (Psalm 139:13) and desires your whole body, mind, and spirit to be surrendered and honored (Romans 12:1).

Receiving your body as a gift and temple can transform how you treat yourself, encouraging kindness, care, and respect rather than control or shame.

Reflect on how you can treat your body as God's holy temple today. This mindset will cultivate self-compassion and healing.







Reflect and Apply

1.	How do you currently view your body in light of God's temple metaphor?
2.	What attitudes or actions can change to honor your body more fully?
3.	How can seeing your body this way improve your healing journey?







Journaling Prompts

1.	Write about what it means for your body to house the Holy Spirit.
2.	List ways you can honor your body daily as a temple.
	Describe feelings or fears that come up when thinking about caring for your body.







Prayer for Today

God, thank You for creating me wonderfully and placing Your Spirit within me. Help me to honor my body as Your temple and care for it with love and respect. Heal any areas where I have been harsh or neglectful. Teach me to love myself as You love me. In Jesus' name, Amen. \bigwedge







Day 9: 2 Patience in the Healing Process









Day 9: 🕰 Patience in the Healing Process

Your Verse

Psalm 27:14 – "Wait for the Lord; be strong and take heart and wait for the Lord."

Supporting Scriptures

- Ecclesiastes 3:1 "There is a time for everything, and a season for every activity under the heavens."
- James 1:4 "Let perseverance finish its work so that you may be mature and complete."







Day 9:

Patience in the Healing Process

Devotional: Practicing Patience in Your Healing

Healing from anorexia and control struggles is a journey requiring patience and perseverance. It can be tempting to want immediate change, but God's timing is perfect.

Psalm 27:14 encourages you to wait on the Lord with strength and courage. Trust that He is working even when progress seems slow. Ecclesiastes 3:1 reminds us that every season has its purpose, including seasons of growth and waiting.

James 1:4 points out that perseverance matures and completes us, shaping our character and faith.

Allow yourself grace during this season. Lean into God's timing, knowing that your healing is unfolding according to His loving plan.







Day 9: 🕰 Patience in the Healing Process

Reflect and Apply

1.	How do you respond when healing feels slow or frustrating?
2.	What helps you stay strong and hopeful during difficult seasons?
3.	How can trusting God's timing shape your healing mindset?







Day 9: 🕰 Patience in the Healing Process

Journaling Prompts

1.	Write about a time when waiting led to growth in your life.
2.	List ways you can cultivate patience as you heal.
3.	Describe feelings you want to release about needing quick results.







Day 9:

Patience in the Healing Process

Prayer for Today

Lord, teach me to wait patiently and trust Your perfect timing in my healing. Strengthen my heart and give me courage when I feel discouraged. Help me to persevere and rely on You through every season. I surrender my timeline to You. In Jesus' name, Amen.

















Your Verse

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; great is your faithfulness."

Supporting Scriptures

- Romans 15:13 "May the God of hope fill you with all joy and peace as you trust in him."
- Isaiah 40:31 "Those who hope in the Lord will renew their strength."







Devotional: Clinging to Fresh Hope Daily

Hope can feel distant when battling anorexia, but God's mercies are fresh each day. Lamentations 3:22–23 celebrates the faithfulness and compassion of God that renew every morning, giving us reason to hope anew.

Romans 15:13 prays for joy and peace as we trust in God's hope, reminding you that hope is a powerful source of emotional and spiritual renewal. Isaiah 40:31 promises renewed strength for those who place their hope in the Lord.

Let each new day be a fresh start to cling to hope and God's unchanging love. Hope not only sustains but transforms you as you heal.







Reflect and Apply

1.	What discourages your hope the most in your healing journey?
2.	How can you remind yourself of God's faithfulness each morning?
3.	What role does hope play in overcoming anorexia?







Journaling Prompts

1.	Write about a moment when hope gave you strength.
2.	List ways to cultivate hope daily through prayer or Scripture.
3.	Describe how hope shapes your outlook on healing.







Prayer for Today

Merciful God, thank You that Your compassion is new every morning. Fill me with hope, joy, and peace as I trust in You. Renew my strength and encourage my heart today and always. Help me to hold onto Your faithfulness no matter the struggle. In Jesus' name, Amen. \triangle









Day 11: Power of Words









Your Verse

Proverbs 18:21 - "The tongue has the power of life and death."

Supporting Scriptures

- Ephesians 4:29 "Do not let any unwholesome talk come out of your mouths... but only what is helpful for building others up."
- James 3:5-6 "The tongue is a fire... it corrupts the whole person."







Devotional: Speaking Life Over Yourself

Your words to yourself deeply affect your healing journey. Negative self-talk can damage your spirit just as much as harmful physical behavior.

Proverbs 18:21 warns us that words hold the power to build up or destroy. Ephesians 4:29 calls believers to use words that encourage, heal, and uplift—especially the words spoken to ourselves in struggle.

James 3:5-6 reminds us how destructive careless words can be when left unchecked. Replace condemning thoughts with affirmations rooted in God's truth to protect your heart and mind.

Today, seek to speak life into your heart, becoming your own encourager and God's voice of love.







Reflect and Apply

What negative words or labels do you often say to yourself?
How can you intentionally replace harmful self-talk with God's truth?
What positive affirmations rooted in Scripture can you declare daily?







Journaling Prompts

1.	List common negative phrases you tell yourself.
2.	Write Scripture-based affirmations to combat those negatives.
3.	Describe the impact of positive vs. negative self-talk on your mood.







Prayer for Today

God of words, help me to use my tongue to speak life, truth, and love over myself. Silence the lies and negativity that harm me, and empower me to affirm Your promises each day. Teach me to be gentle and kind with my words as You are. In Jesus' name, Amen. \triangle







Day 12: 🂝 Finding Support in Community









Day 12: 🌣 Finding Support in Community

Your Verse

Ecclesiastes 4:9-10 - "Two are better than one... If either of them falls down, one can help the other up."

Supporting Scriptures

- Hebrews 10:24–25 "Let us consider how we may spur one another on toward love and good deeds."
- Galatians 6:2 "Carry each other's burdens, and in this way you will fulfill the law of Christ."







Day 12: 🎔 Finding Support in Community

Devotional: Healing Through Community Support

Healing is not meant to be walked alone. It requires the support, encouragement, and accountability found in community.

Ecclesiastes 4:9–10 highlights the strength gained by walking alongside others. When struggles threaten to overwhelm, a trusted friend or group can lift you up and provide perspective belonging only to relationship.

Hebrews 10:24–25 encourages believers to spur one another on in love and good deeds, creating an environment of hope and motivation. Galatians 6:2 reminds us of the divine command to carry each other's burdens.

Seek out trusted people — whether friends, family, mentors, or support groups — who can journey with you in healing. God's design is for us to be connected and strengthened together.







Day 12: 🌣 Finding Support in Community

Reflect and Apply

1.	Who in your life serves as a safe support or encouragement?
2.	How does community strengthen your resolve to heal?
3.	In what ways can you open up and share your journey with others?







Day 12: 🌣 Finding Support in Community

Journaling Prompts

1.	Write about someone who has helped you in a difficult time.
2.	List practical ways to build supportive relationships.
3.	Describe your feelings about sharing your story with others.







Day 12: 🍑 Finding Support in Community

Prayer for Today

Father, thank You for placing people in my life who support and encourage me. Help me to seek community and be open to receiving help. Build relationships that spur me on in love and healing. Teach me also to support others as You have supported me. In Jesus' name, Amen. \bigwedge







Day 13: X Taking Authority Over Temptation









Day 13: 🎇 Taking Authority Over Temptation

Your Verse

1 Corinthians 10:13 - "No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear."

Supporting Scriptures

- James 4:7 "Submit yourselves, then, to God. Resist the devil, and he will flee from you."
- Psalm 119:11 "I have hidden your word in my heart that I might not sin against you."







Day 13: **%** Taking Authority Over Temptation

Devotional: Using God's Strength to Resist Temptation

Temptations to fall into unhealthy behaviors or thoughts can feel overwhelming. However, God promises you won't face more than you can handle with His strength.

1 Corinthians 10:13 assures us God remains faithful, providing a way out. James 4:7 teaches that submitting to God and actively resisting temptation causes the enemy to flee.

Memorizing and meditating on Scripture (Psalm 119:11) equips your heart with truth that guards against sin and lies.

Today, exercise your authority in Christ by turning to Him, rejecting temptation, and saturating your heart with God's Word. You are not powerless — His power is with you.







Day 13: 🎇 Taking Authority Over Temptation

Reflect and Apply

1.	What temptations trigger your struggle with anorexia?
2.	How can submission to God shift your response to temptation?
3.	Which Scriptures can you hold onto when facing temptation?







Day 13: 🎇 Taking Authority Over Temptation

Journaling Prompts

1.	Describe a recent temptation and how you overcame or responded.
2.	Write down Scripture verses to memorize that empower you.
3.	List practical ways to submit to God daily for strength.







Day 13: X Taking Authority Over Temptation

Prayer for Today

Lord, thank You for Your faithfulness and for never leaving me to face temptation alone. Help me to submit fully to You and resist the enemy's lies. Guard my heart with Your Word and give me the strength to stand firm. May Your power protect and guide me always. In Jesus' name, Amen. 🙏 🕡 🗀

















Your Verse

Proverbs 3:5-6 - "Trust in the Lord with all your heart and lean not on your own understanding."

Supporting Scriptures

- Psalm 46:10 "Be still, and know that I am God."
- Matthew 6:33 "Seek first his kingdom and his righteousness."







Devotional: Letting Go and Trusting God's Plan

Struggling with anorexia often involves a deep need to control the uncontrollable. Yet Proverbs 3:5-6 invites you into a posture of trust—leaning fully on God rather than your own ideas.

Trusting God means surrendering your control and resting in His wisdom and timing. Psalm 46:10 reminds us to be still and recognize God's sovereignty over every circumstance.

Seeking God's kingdom first (Matthew 6:33) realigns your heart and posture, prioritizing Him above all else, including control over your body.

Give God permission to take the reins of your life. This daily surrender releases peace where control once ruled, opening space for healing and growth.







Reflect and Apply

1.	What areas do you find hardest to surrender to God?
2.	How can trusting God change your daily choices and attitudes?
3.	What does 'being still' and knowing God means for your healing?







Journaling Prompts

1.	Write about what control feels like and what surrender could look like.
2.	List situations where you want to trust God more fully.
3.	Describe a moment of peace after choosing to release control.







Prayer for Today

Lord, I choose today to trust You with all my heart. Help me to let go of my tendency to control and lean into Your understanding. Teach me to be still and acknowledge Your power over my life. May seeking Your kingdom be my highest priority. In Jesus' name, Amen. \bigwedge \nearrow \curvearrowright







Day 15: 49 Created Uniquely and Beautifully









Day 15: Q Created Uniquely and Beautifully

Your Verse

Psalm 139:13–14 – "You knit me together in my mother's womb... I praise you because I am fearfully and wonderfully made."

Supporting Scriptures

- Ephesians 2:10 "For we are God's handiwork, created in Christ Jesus to do good works."
- Jeremiah 1:5 "Before I formed you in the womb I knew you."







Day 15: • Created Uniquely and Beautifully

Devotional: Embracing Your Unique God-Given Beauty

It can be tempting to compare or criticize your appearance, but God's Word celebrates your unique design. Psalm 139:13–14 expresses wonder at God's intimate handiwork crafting you into existence.

You are God's masterpiece, created intentionally for a purpose. Ephesians 2:10 reminds you that you were designed for good works, planned by God through Jesus.

Jeremiah 1:5 shows that God knew and called you even before your birth, speaking to your immense value and destiny.

Reflect on the beauty and uniqueness God has woven into you. Reject cultural pressures to conform and embrace the delight God has in making you one of a kind.







Day 15: 😯 Created Uniquely and Beautifully

Reflect and Apply

1.	How does knowing God crafted you uniquely affect your self-view?
2.	What pressures to conform have you faced, and how can Scripture help?
3.	How can celebrating your uniqueness support healing from anorexia?







Day 15: Q Created Uniquely and Beautifully

Journaling Prompts

1.	Describe parts of yourself that reflect God's creativity.
2.	Write about times you felt confident in your uniqueness.
3.	List ways to remind yourself daily that you are fearfully made.







Day 15: Q Created Uniquely and Beautifully

Prayer for Today

Creator God, thank You for knitting me together with care and love. Help me to embrace the unique beauty You have placed within me. Free me from comparisons and help me celebrate the masterpiece You made. Guide me to walk confidently in my God-given identity. In Jesus' name, Amen. \triangle \bigcirc

















Day 16: <a>Preedom Through Forgiveness

Your Verse

Colossians 3:13 - "Forgive as the Lord forgave you."

Supporting Scriptures

- Ephesians 4:31–32 "Be kind and compassionate to one another, forgiving each other."
- Psalm 103:12 "As far as the east is from the west, so far has he removed our transgressions."







Day 16: <a>Preedom Through Forgiveness

Devotional: Forgiving Yourself for Healing

Holding onto guilt or resentment can fuel unhealthy behaviors and keep you trapped. God calls you to freedom through forgiveness—both receiving His and extending it to yourself and others.

Colossians 3:13 commands us to forgive as God forgave us, with complete grace and mercy. Ephesians 4:31–32 adds that kindness and compassion pave the way for healing relationships and self-acceptance.

Psalm 103:12 offers beautiful imagery of God removing sins far away, emphasizing His desire to cleanse and restore.

Experience liberty today by accepting God's forgiveness and offering forgiveness to yourself. This releases shame and opens paths toward wholeness.







Day 16: Preedom Through Forgiveness

Reflect and Apply

Are there parts of your past you have yet to forgive yourself for?
How does God's forgiveness help you release guilt and shame?
What steps can you take toward extending forgiveness inwardly?







Day 16: Preedom Through Forgiveness

Journaling Prompts

1.	Write a letter of forgiveness to yourself.
2.	List areas where God's forgiveness brings hope.
3.	Describe how forgiveness can change your healing process.







Day 16: Freedom Through Forgiveness

Prayer for Today

Merciful Father, thank You for forgiving me completely. Help me to accept Your grace and to forgive myself for past mistakes and struggles. Release me from shame and guilt and set my heart free to heal fully. Teach me to extend forgiveness to others with kindness and love. In Jesus' name, Amen. \triangle















Your Verse

John 14:27 - "Peace I leave with you; my peace I give you."

Supporting Scriptures

- Philippians 4:7 "The peace of God, which transcends all understanding, will guard your hearts and minds."
- Isaiah 26:3 "You will keep in perfect peace those whose minds are steadfast."







Devotional: Receiving God's Peace in the Storm

Life's turmoil often reflects inwardly through anxiety about your body and eating habits. Yet Jesus promises a peace unlike any other—one that calms storms and renews the soul.

John 14:27 offers Jesus' gift of peace, not as the world gives but deep and abiding. Philippians 4:7 reminds you that God's peace guards your heart and mind, even when circumstances are difficult.

Isaiah 26:3 assures that keeping your mind focused on God brings perfect peace and stability.

Let today be a moment to invite God's peaceful presence into your heart, quieting chaos and anxieties. This supernatural peace is foundational to lasting healing.







Reflect and Apply

1.	What internal or external chaos triggers your eating disorder?
2.	How can you practice resting in God's peace in stressful moments?
3.	What mental habits help keep your mind fixed on God's promises?







Journaling Prompts

1.	Describe a time when God's peace calmed your fears.
2.	List ways to remind yourself of God's peace daily.
3.	Write a prayer asking for more peace during hardship.







Prayer for Today

Jesus, thank You for the gift of Your peace. Calm my anxious thoughts and bring rest to my weary heart. Guard me with Your peace that surpasses understanding. Help me to keep my mind focused on You and experience Your perfect calm. In Your name, Amen. \triangle

















Your Verse

Nehemiah 8:10 - "The joy of the Lord is your strength."

Supporting Scriptures

- Psalm 16:11 "You make known to me the path of life; in your presence there is fullness of joy."
- Romans 8:28 "In all things God works for the good of those who love him."







Devotional: Finding Strength in God's Joy

Struggles can sometimes overshadow the joy and purpose God designed for your life. Yet, joy is a powerful source of strength that fuels hope and healing.

Nehemiah 8:10 declares the joy of the Lord as your true strength. Psalm 16:11 promises fullness of joy in God's presence and guidance on the path of life.

Romans 8:28 brings comfort that God works all things together—even difficult struggles—for your good and His glory.

Today, choose to reignite your joy by seeking God's presence and purpose for your life. Joy sustains and empowers you through healing.







Reflect and Apply

1.	What brings you joy beyond your struggles?
2.	How does knowing God works for your good change your outlook?
3.	What ways can you cultivate joy while still healing?







Journaling Prompts

1.	Write about moments when you felt joy amid challenges.
2.	List activities or practices that refresh your spirit.
3.	Describe your God-given purpose and how it inspires you.







Prayer for Today

Lord, fill me with Your joy that strengthens my soul. Help me to find delight in Your presence and trust that You are working all things for my good. Rekindle my passion for life and purpose. Let Your joy sustain me daily. In Jesus' name, Amen. \triangle

















Day 19:

Embracing Grace in Every Step

Your Verse

Ephesians 2:8-9 - "For it is by grace you have been saved, through faith—and this is not from yourselves."

Supporting Scriptures

- 2 Corinthians 12:9 "My grace is sufficient for you."
- Titus 2:11 "The grace of God has appeared that offers salvation to all people."







Day 19: Tembracing Grace in Every Step

Devotional: Receiving Grace in Your Healing Journey

Grace is God's unearned favor and power working within you, especially when you feel weak or undeserving. It reminds you that healing is not about perfection but about receiving His mercy daily.

Ephesians 2:8-9 declares salvation and healing through grace by faith—not by works. This truth frees you from striving and encourages humility and dependence unto God.

2 Corinthians 12:9 is a comforting reminder that God's grace is enough, covering your limits and failures. Titus 2:11 points to the universal availability of His grace, welcoming all who seek Him.

Walk forward with confidence today, knowing God's grace accompanies you every step of your healing journey.







Day 19:

Embracing Grace in Every Step

Reflect and Apply

1.	How do you often try to earn God's approval or your own healing?
2.	What does it mean to accept grace freely instead?
3.	How can grace motivate you to keep moving forward without shame?







Day 19:

Embracing Grace in Every Step

Journaling Prompts

1.	Write about experiences of receiving God's grace.
2.	List areas where you struggle to accept grace and forgiveness.
3.	Describe how grace renews your hope and effort.







Day 19: The Embracing Grace in Every Step

Prayer for Today

Gracious God, thank You for Your amazing grace that covers me. Help me to receive it fully and live freer from striving and shame. Let Your grace empower me to continue healing with hope and strength. I trust in Your unfailing love. In Jesus' name, Amen. *人* ❖ ❖

















Day 20: Walking in Freedom Daily

Your Verse

Galatians 5:1 - "It is for freedom that Christ has set us free."

Supporting Scriptures

- John 8:36 "So if the Son sets you free, you will be free indeed."
- Romans 8:1 "Therefore, there is now no condemnation for those who are in Christ Jesus."







Day 20: 6 Walking in Freedom Daily

Devotional: Living Boldly in Christ's Freedom

Freedom from anorexia and control is a daily choice, empowered by Christ. Galatians 5:1 reminds you that Christ's work has already set you free—freedom to live without condemnation and bondage.

John 8:36 boldly declares that this freedom is complete and true. Romans 8:1 reinforces that in Christ, condemnation has no claim on you.

Walking in freedom requires daily surrender, reliance on God, and choosing His truth over old patterns.

Today, celebrate the freedom Christ offers and step boldly into it, knowing you are no longer captive but redeemed and renewed.







Day 20: 6 Walking in Freedom Daily

Reflect and Apply

What does freedom in Christ mean to you personally?
How can you make choices daily that reflect this freedom?
What holds you back from fully embracing this freedom?







Day 20: 6 Walking in Freedom Daily

Journaling Prompts

1.	Write about moments when you experienced freedom in Christ.
2.	List daily practices that help you live free from control and shame.
3.	Describe how freedom in Christ impacts your identity.







Day 20: Walking in Freedom Daily

Prayer for Today

Jesus, thank You for setting me free from bondage and condemnation. Help me to walk boldly in this freedom each day. Empower me to make choices that reflect Your truth and love. I declare I am free indeed through Your power. In Your name, Amen. \bigwedge







Day 21: 🥕 Celebrating Victory and New Life









Day 21: 🥕 Celebrating Victory and New Life

Your Verse

1 Peter 5:10 - "After you have suffered a little while, the God of all grace... will himself restore you and make you strong, firm and steadfast."

Supporting Scriptures

- Revelation 21:4 "He will wipe every tear from their eyes."
- 2 Corinthians 5:17 "If anyone is in Christ, the new creation has come."







Day 21: A Celebrating Victory and New Life

Devotional: Rejoicing in Restoration and New Life

As you conclude this 21-day journey, rejoice in the victory and restoration God promises. Healing is a process, and God honors every small step forward.

1 Peter 5:10 assures that after suffering, God's grace will restore and strengthen you fully. Revelation 21:4 offers the hope of a future with no pain or tears—a beautiful reminder of eternal restoration.

Returning to 2 Corinthians 5:17 completes the circle: in Christ, you are a new creation, forever changed and empowered.

Celebrate this newness of life with joy and confidence. Continue leaning on God for strength, hope, and peace as you walk in freedom.







Day 21: 🕭 Celebrating Victory and New Life

Reflect and Apply

1.	What progress and victories can you celebrate from this study?
2.	How will you continue seeking God's restoration moving forward?
3.	What hope sustains you as you embrace your new identity?







Day 21: 🥕 Celebrating Victory and New Life

Journaling Prompts

erienced.
ued healing.
Christ.







Day 21: 🕭 Celebrating Victory and New Life

Prayer for Today

Gracious God, thank You for restoring me and making me strong. I celebrate the new life You have given me through Christ. Help me live firm and steadfast in Your truth and grace. May my journey inspire hope and faith in others. I praise You for Your faithfulness now and forever. In Jesus' name, Amen. \bigwedge







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