

Grace Bible Church 2017 Biblical Counseling Conference Track Two

Session #7

Disorderly Eating

I. Recommended, Additional, & Pamphlet Resources

See Final Page

II. Food Obsession, Confusion & Abuse Today

Introduction: The tide has been rising in media, financing and promotion of body image, food, and diet over the last two centuries reaching deafening levels. Our heart naturally distorts and pollutes good things from God. Satan is the great deceiver and corrupter of God's precious gifts. How should Christ followers live and counsel with wisdom in light of the challenges?

III. Naming Names

A. Anorexia

- Neglect, fear, and demonizing of food & obsession with body image
- Food is the _____

B. Overeating

- Habitual excessive consumption of food
- Food is the _____

C. Bulimia

- Habitual compulsive and excessive consumption of food (binging) followed by compensation (purging)
- Food is my _____

IV. Differences

Both share common themes (dangerous and sinful views of self) but also exhibit marked differences (how they respond to temptation). Note the commonalities but be careful not to generalize or normalize any one case.

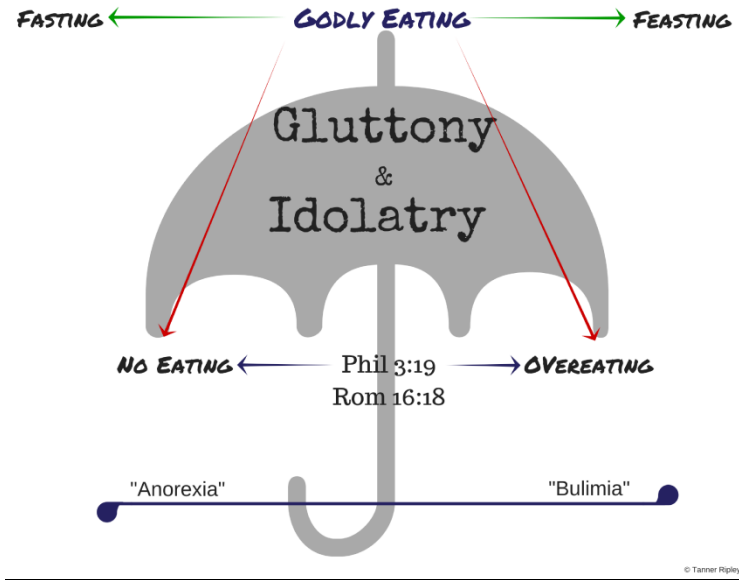
V. Narrowing the Issue

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” 1 Corinthians 10:31

- “The heart of the problem is a problem of the h_____” – Stuart Scott *Exemplary Husband*

Matthew 15:10-11- And He [Jesus] called the people to Him and said to them, “Hear and understand: it is not what goes _____ the mouth that defiles a person, but what comes _____ the mouth; this defiles a person.”

VI. Defining Terms



VII. Understanding Gluttony

Scripture often links gluttony with _____

Gluttony: A habitual f_____on and g_____ for food

VIII. Biblical Examples

A. Poor

- Israel in the wilderness
- “Enemies of the C_____” Phil 3:19
- Proverbs 25:16, 27; 23:1, 2, 21

B. Excellent

- Matt 4:4 – Jesus Temptation with Satan
- John 4:34 – Jesus with the Samaritan Woman
- Daniel 1:8 – Daniel resists the best food to honor God

IX. Putting On

A. Right Understanding of The B_____ & S_____

- 1 Corinthians 6:19-20 "Temple of God"

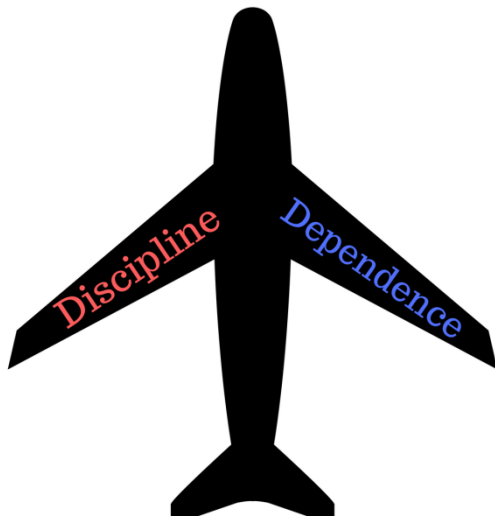
B. Right Understanding of F_____

- Matthew 15:11
- Enjoyments

C. Right Understanding of G_____

- Jeremiah 15:16

X. The Role of Discipline & Dependence



Jerry Bridges "The Discipline of Grace" pg. 129

A. D_____

- Galatians 5:23 Self Control
- 2 Corinthians 10:5 Taking Captive Thoughts
- Romans 6:16 Slavery

B. D_____

- Jonah 2:8
- Prayer before eating
- A Sanctified Conscience

XI. The Role of Satisfaction & Feasting

- A. Comfort Food
- B. 1 Timothy 6:17 “Who richly provides us everything to enjoy”
- C. 1 Timothy 4:3-5 “Foods which God has created to be gratefully shared”

XII. Observing the Physical

- A. Working with a Physician, and Dietitian or Nutritionist
- B. Food education
- C. Gender & age considerations

XIII. Conclusion and Exhortation

- A Worship Disorder
- The Cult of Food
- Own God, Own Laws, Own Punishments, Own “Salvation”
- The Need for Compassion (James 1:14)
- The Need for Humility (1 Corinthians 4:7)
- The Need for Wisdom (James 1:5)

Twelve Guiding Questions*

Twelve questions you can ask yourself in order to determine whether your eating is sinful or not using the acrostic “**D-I-S-C-I-P-L-I-N-E-D** Eating.”

As you consider the following, some of the answers will be obvious. Others will take some time and careful thought. Stop now and prayerfully ask God to help you as you think about how to make your eating habits more pleasing to Him.

- **Doubt:** Do I doubt (for whatever reason) that I can eat this food without sinning?
- **Idolatry:** Does eating this particular food demonstrate a heart either of independence—“I can do whatever I want”—or a heart longing for pleasure—“I know that I don’t need this for my sustenance, but I love the feeling of the sweet coldness”?
- **Stumble:** If I eat this, will it cause a weaker Christian to stumble?
- **Coveting:** Am I eating this just because I saw someone else with it and I’m coveting it?
- **Inroad:** If I eat this, will it create an inroad for sin?
- **Praise:** Can I eat this food with thanks and gratitude? Is my heart overflowing with songs of praise to God?
- **Life:** Would eating this food harm my health in any way?
- **Illustrate:** Am I modeling good eating habits for others and encouraging them to be self-disciplined, or do I encourage others to self-indulge?
- **No:** Am I able to say no to this even if I know that I can eat it without sin?
- **Emotions:** Does the desire to eat this flow out of a heart of anger, fear, frustration, or depression?
- **Distract:** Will preparing or eating this food distract me from something better that God has for me to do?
- **Enslaved:** Does it bring me under any kind of bondage?

All of this, of course, can be summed up by one question: In my eating and drinking, am I glorifying God? (1 Corinthians 10:31).

- **Excerpted from Love to Eat, Hate to Eat by Elyse Fitzpatrick*

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Helpful Resources

- Bridges, Jerry. *The Discipline of Grace: God's Role and Our Role in the Pursuit of Holiness*, 2006.
- Ciuciu, Asheritah. *Full: Food, Jesus, and the Battle for Satisfaction*. Chicago: Moody Publishers, 2017.
- Faith Resources. "Counseling Anorexics or Bulimics." 5526 S. R. 26 E., Lafayette, IN 47905, n.d. www.frlafayette.org.
- Fitzpatrick, Elyse. *Love to Eat, Hate to Eat*. Eugene, Or: Harvest House Publishers, 1999.
- ———. *Uncommon Vessels: A Program for Developing Godly Eating Habits*. Woodroof, S.C.? Timeless Texts, 1996.
- McCoy, Shannon Kay. *Help! I'm a Slave to Food*. Wapwallopen, PA: Shepherd Press, 2014.
- Miller, Patricia A. *Quick Scripture Reference for Counseling Women*. Updated and Revised. Grand Rapids, Michigan: Baker Books, 2013.
- Pinheiro, Andrea Poyastro, Tammy Root, and Cynthia M Bulik. "The Genetics of Anorexia Nervosa: Current Findings and Future Perspectives." *International Journal of Child and Adolescent Health* 2, no. 2 (2009): 153–64.
- Rigney, Joe. *The Things of Earth: Treasuring God by Enjoying His Gifts*. Wheaton, Illinois: Crossway, 2015.
- Scott, Stuart, Heath Lambert, and John MacArthur. *Counseling the Hard Cases: True Stories Illustrating the Sufficiency of God's Resources in Scripture*, 2015.
- Street, and Janie Street. *The Biblical Counseling Guide for Women*. Eugene, Oregon: Harvest House Publishers, 2016.
- Welch, Edward T. *Eating Disorders: The Quest for Thinness*. Greensboro, NC: New Growth Press, 2008.

Blog Articles

- "But What About Gluttony!?" Kevin DeYoung. <https://blogs.thegospelcoalition.org/kevindeyoung/2014/04/24/but-what-about-gluttony/>.
- "The Lost Art of Feasting" David Mathis. Desiring God. <http://www.desiringgod.org/articles/the-lost-art-of-feasting>