



Special Renunciations For Eating Disorders

People with eating disorders are driven with compulsive thoughts to eliminate things from their body by defecating, vomiting, or cutting themselves. Many believe they are purging themselves of evil. It is not uncommon to see cuts on the arms of those struggling with anorexia. Many cut themselves in secretive ways. One young lady would meticulously cut herself under her pants in the groin area so that others wouldn't see. Suicidal thoughts are common for these people.

One young lady had starved herself down to 78 pounds. By the time I had a chance to talk with her, she was taking 75 laxatives a day. I asked her about her thought life, if she had ever shared totally what is going on the inside. She hadn't, of course, and was intimidated by thoughts threatening her of worse things when she got home if she did. I suggested, "This isn't about food, is it?" "No, but everybody thinks it is," she responded. Every attempt to control her behaviour had only resulted in the problem getting worse. She had no idea who she was in Christ, and the nature of the spiritual battle going on for her mind. Years of counselling and hospitalizations ended when she finally understood. She responded in tears after finding her freedom in Christ saying, "I can't believe all the lies that I have been listening to."

Typically, those with eating disorders are physically attractive. From the time they were very little, they have received affirmation for how they look. Their self-concept is based on appearance. They become so body-conscious that their minds are fertile ground for the enemy. Instead of buffeting their body and making it their slave (1 Cor. 9:27), they have become enslaved to their body. Many have been sexually abused. They also think their body is evil or something evil is in them and they have to get rid of it. The evil is spiritual, not physical. They need to establish their identity in Christ, and develop their character to have a legitimate sense of worth. Have them renounce as follows:

Kingdom of Darkness

I renounce cutting myself to clean myself of evil as lies from Satan.

I renounce throwing-up to clean myself of evil and reject the lie that I am fat or that my sense of worth is found in my physical appearance.

I renounce taking laxatives to clean myself of evil by going to the bathroom.

Kingdom of Light

I announce that only the blood of Jesus can cleanse me (Heb. 9:14).

I announce that all food created by God is good, and nothing is to be rejected by those who know the truth (1 Tim. 4:1-5).

I announce that it is not what enters into the mouth that defiles me, but what comes from the heart (Matt. 15:10-20).