

Anorexia and Bulimia

Scripture Praise Focus: *Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty." (John 6:35)*

Dear Heavenly Father,

We come to you today with hearts full of hope. We acknowledge that You and only You can shed the love of Christ in a person's heart and show them how perfect and beautiful they are from the inside out.

As the psalmist David wrote under the anointing of Your Holy Spirit in Psalms 139:13-16, "For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be."

Surely you have a very special plan and purpose for every college student. We pray You would reveal to each student Your love for them and how they have been created with Your loving hands. As these students find themselves dealing with issues they cannot control, please lead them to Your Word and teach them Your ways, that they might lean into You and know firsthand the peace that passes all understanding. Show them there is only One in heaven and earth who is in charge and it is You Lord.

Your word tells us there is nothing hidden which is not found, nothing secret which is not revealed. We pray You would reveal to each one

struggling with unhealthy eating issues the root of their need for control over their bodies. Please remove the blinders from their eyes that they might see how they are usurping Your authority and control over their lives when they use control as a way to punish their body.

Our hearts are filled with wonder and awe today at Your power, Lord. Only You have the power to break strongholds and bring down vain imaginations. We thank You Lord that even in Your chastising there is always a gentle, yet firm loving Hand upon those You have called according to your purposes. We pray today you would invade the hearts, minds and bodies of all college students struggling with all deadly forms of unhealthy eating such as anorexia and bulimia.

Lead them out of temptation and deliver them from evil. Send laborers into their paths to show them how to wrestle free from all these issues of control. Reveal to them their true identity in You, Lord. Please show these beautiful young people how to eat of the Bread of Life, that they will always be full of Your Spirit and be satisfied.

We pray this prayer in Jesus' name. Amen!

Song for meditation: Breathe by Sarahanne Wilmont