

# Eating Disorders

We recommend several actions to help you begin recovery:

Attend several meetings before you decide if this group is not for you.

We encourage you to obtain a copy of the Celebrate Recovery Workbooks and the Life Recovery Bible. Participation in the meeting is your choice. You can pass when it is your turn.

You will receive a phone list. Call a sponsor to work with you, as you have questions and as you work on the steps. Use the phone list to call people when you need help.

We guard the anonymity and confidences of group members carefully. Do not share who you see or what you hear in these meetings with any person or prayer list.

Keep coming back. God will change your life as you apply the Christ-centered 8 Recovery Principles.

Attending this meeting is the first step in confronting the denial in our lives. We are glad that you are here, and we encourage and support you as you grow with us. We love and support you.

## Eight Recovery Principles

Matthew 5:1-13 The Beatitudes

**R**ealize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable. *Happy are those who know they are spiritually poor.*

**E**arnestly believe that God exists, that I matter to him, and that he has the power to help me recover. *Happy are those who mourn. God will comfort them.*

**C**onsciously choose to commit all my life and will to Christ's care and control. *Happy are the humble.*

**O**penly examine and confess my faults to God, to myself, to God, and to someone I trust. *Happy are the pure in heart.*

**V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. *Happy are those whose greatest desire is to do what God requires.*

**E**valuate all my relationships; Offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others. *Happy are the merciful. Happy are the peacemakers.*

**R**eserve a daily time with God for self examination, Bible readings and prayer in order to know God and His will for my life and to gain the power to follow His will.

**Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words. *Happy are those who are persecuted because they do what God requires.*

**GARDEN RIDGE CHURCH OF CHRIST**

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GARDEN RIDGE CHURCH OF CHRIST

# Eating Disorders

Find Healing From Life's Hurts,  
Habits, and Hang-Ups



Phone (972) 221-3561

## Welcome

This recovery support group's purpose is to conquer the painful effects of eating disorders. To that end we support each other as family. We seek to apply the 8 Recovery Principles to our lives and to our relationships.

We welcome you. We cannot fix your problems, and we will not seek to run your life for you. We will accept you and love you. This is a safe place.

When we attended our first meeting, many of us were having a variety of feelings. We were relieved to find a place where people might understand our pain and despair. We were angry that we had to get help and could not manage alone this part of our lives. We felt lonely and were ashamed of the way our lives had become. We had secrets that we were reluctant to share.

Our group is not a therapy group or a study group. It is a Christ-centered support group. We do not give advice. We share our experience, strength, and hope with each other.

## Information

Here we learn a new way of living. We learn, at our own pace, to experience in a healthy way intimacy and sharing with others. We learn to trust, to ask for our needs to be met, to say no when no is appropriate, to express our feelings, and to hang around when all we want to do is run. Here no one shames us for what we have done or still are doing. Here we have a safe harbor within which to heal, and for that we are grateful. The only requirement for membership in our group is a desire to change our unhealthy eating behaviors.

Those of us who have experienced life change through the program offer this challenge to you. This program works as we complete the work with the help and supervision of a sponsor or accountability partner. If you do not have a sponsor or accountability partner, we encourage you to enlist one, complete the written work in the Celebrate Recovery Workbooks and share your work with your sponsor or accountability partner.

We are happy you are here. We encourage you to take one day at a time and keep coming back... it works.

**C**elebrate Recovery meetings are open to everyone. Come and join us in a time of worship, amazing stories of transformed lives, and small group discussions designed to provide the strength to overcome life's hurts, habits, and hang-ups.

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