

Eating Disorder Prayer

O Lord Jesus, I come to you feeling useless and hopeless. What I am doing to my body by not eating as I should is sinful and even deadly. Still, I struggle to stop my destructive behavior. Lord, Christ, you know the depths of our temptations, and you have resisted the worst kind. Be with me now and give me the power of your Spirit to overcome. I place myself into your hands for forgiveness and strength. Amen.