



The Road to Real Recovery:

A 10-Day Guide to Experience Eating Disorder Recovery

BY GRACE MCCREADY

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By Grace McCready

In this devotional, Grace uses 10 Scriptures to reveal 10 realities of eating disorder recovery that every young woman (and her family, friends, and ministry leaders) should know. She wants readers to know that although recovery may take more time, energy, and effort than they expected, it is still undeniably worth it. Through this guide, Grace helps readers discover the truth about their eating disorders—and themselves—so that they can experience real recovery.

Day 1

Scripture: Philippians 3:12-16

Devotional: If you're struggling with an eating disorder, then you know exactly what I mean when I say that gaining weight has been one of my worst fears for a very long time. But when I started to take my eating disorder recovery seriously, *gaining* weight (as opposed to *losing* weight) had to become one of my main goals—*while* it was still one of my worst fears. Deep down, I still desperately wanted to maintain meticulous control over what I ate and how much I exercised. Despite how out-of-control I felt during my recovery, though, I had to decide that my *life* was more important than my *weight*.

Prayer: *Dear God, sometimes it's difficult to press on, especially when it's hard to accept my body. But I know that I need to leave my eating disorder behind and reach forward to Your plans for me that lie ahead. Please reveal what I need to change in my attitude to fulfill the calling that You have for me.*

Day 2

Scripture: Romans 6:15-23

Devotional: Food was my best friend *and* my worst enemy while I had anorexia. From obsessive baking to obsessive nutrition label reading to obsessive recipe collecting, I placed way too much emphasis on what I ate—and on what I didn't eat. I was in bondage to the calories that I consumed and burned on a daily basis because Satan (via my anorexia) had given me countless arbitrary rules to follow about my food intake. Gradually, I learned that if I follow his rules, I'm choosing to be his slave. However, I also learned that every time I ignore his rules about my food intake, I'm taking another step forward in my recovery journey.

Prayer: *Dear God, I know that I have become a slave to my eating disorder. It constantly demands more from me, and I know that it will ultimately lead to my death. Please forgive me for caving to my sinful desires, free me from the bondage of this sin, and sanctify me according to Your righteousness.*

Day 3

Scripture: 1 Timothy 4:8-10

Devotional: As I struggled with anorexia, it wasn't just food that mattered too much to me; it was also exercise. Because I so desperately wanted to be skinny, I experimented with many different workouts. I even damaged my knees in an attempt to become a runner (which I truly wasn't designed to be). Once I began recovering, I mistakenly thought that I had to *enjoy* exercising to be truly "recovered." But I realized that that's not realistic for me and that there's nothing inherently wrong with exercise—as long as I keep first things first.

Prayer: *Dear God, despite how much I desire to look a certain way, I don't want exercise to control my life. Ultimately, I know that it doesn't have eternal significance. Help me recognize the eternal significance of living a godly life that's pleasing to You.*

Day 4

Scripture: Psalm 37:1-6

Devotional: As Ed whispered lies in my ear, I harmed my body in significant ways that I didn't see the impact of at the time. I didn't mind the negative physical consequences of becoming skinny. But once my eating disorder recovery began, I started to recognize the seriousness of those negative physical consequences. My body was slowly deteriorating due to my strict food limitations and strict workout regime. As I recovered, though, God healed my body in ways that I hadn't expected, like giving me the long blonde hair that I had always wanted.

Prayer: *Dear God, although there's a lot of emphasis on having the "perfect" body, a quickly fading sinful life isn't worth envying. I trust that You'll give me the desires of my heart if I delight myself in You. Help me commit my thoughts, words, and actions to You every day.*

Day 5

Scripture: John 8:31-47

Devotional: Satan constantly tormented me with his lies while I had anorexia *and* while I was recovering. My decision to start recovery didn't silence his voice—or even quiet it. In

fact, I think his voice became *louder* once I started recovering. The lies that he told me seemed so accurate, but the truths that my family, counselors, doctors, and Scripture told me seemed so erroneous. Although my physical recovery was grueling, my mental, emotional, and spiritual recovery seemed impossible. My mental, emotional, and spiritual recovery only became possible when I began to live out the truth in spite of my difficulty believing it.

Prayer: *Dear God, You said that the truth will set me free. I desperately want to be free, but sometimes I don't even know what the truth is because Satan's lies feel so real. Please set me free from my eating disorder with the truth found in Your Word and the truth shared by the people who care about me.*

Day 6

Scripture: James 3:13-18

Devotional: My perception of my body was inaccurate long before I was diagnosed with anorexia. After all, my inaccurate perception of my body was what *prompted* my anorexia. I saw myself as fat *before* I had anorexia, when I was at my lowest weight in the *midst* of anorexia, and when I was at my highest weight *after* I had physically recovered from anorexia. It was my personal goal to have a body that others desired to have, but in trying to achieve that goal, I subconsciously enlisted myself in the ensnaring comparison game, which I could never win because I couldn't see my body or others' bodies objectively.

Prayer: *Dear God, I keep finding myself playing the comparison game, even with my own family members and friends. I can't always see how it's hurting my relationships with them, but I know that jealousy and selfish ambition produce dysfunctional relationships. Help me fight the urge to compare my body with anyone else's, and help me remember that everyone has a unique DNA given to him or her by You.*

Day 7

Scripture: Song of Songs 6:13-7:10

Devotional: Although it wasn't my conscious intention to lose weight so that I would get a boyfriend, I definitely hoped that one would enter the picture during my senior year of high school. Or my senior year of college. Or *anytime* really. The affirmation that I craved from a guy didn't come when I was anorexic *or* when I started recovering, so I sometimes doubted that I would ever get that affirmation. But realizing that the right guy—no matter how long I had to wait for him—would be attracted to me and my body was incredibly freeing.

Prayer: *Dear God, I realize that it's not a guarantee that I'll get married; but I also know that*

You designed marriage as something beautiful and good. It's so hard to wait for, especially on days when I crave affirmation of my body. Please help me trust Your timing and know that if marriage is in Your plan for me, the right guy will love me as his beloved and his desire will be for me—and for my body.

Day 8

Scripture: Hosea 2:4-20

Devotional: As an anorexic, I lived in deception and disobedience as I secretly harmed my body. As a recovering anorexic, I lived in disgust and distrust as I secretly harbored bitterness toward God. Coming to terms with the fact that I wouldn't be instantly healed from my anorexia was perhaps the hardest part of my recovery. I was angry at God for not clearing my mind, heart, and soul of Satan's lies. I felt like I was trudging through the trenches as God watched me struggle and did nothing. In reality, *He* was trudging through the trenches as He carried me in His arms.

Prayer: *Dear God, I confess my resentment toward You for not following my plan for recovery. Even when my recovery doesn't go the way that I had expected, I know that You want me to find real recovery and that You're walking with me during every step of the journey. Help me see Your kindness and compassion with new eyes because they are aspects of Your character that I often miss when I'm obsessing about my plan for recovery.*

Day 9

Scripture: Ephesians 5:6-14

Devotional: The control freak in me really started to come out when I was struggling with anorexia. In an effort to control the seemingly chaotic future that was in front of me, I chose to control the only thing that I thought I could control: the number of calories that I consumed and burned. Over time, however, the truth became evident. I wasn't really the one calling the shots about how much food I ate and how much I exercised; Satan was. I started calling the shots when I started saying "no" to Satan's demands.

Prayer: *Dear God, I don't fully understand how Satan works and what his tactics are in the spiritual warfare believers face; but I know that he desperately wants to control my life so that he can destroy it. Please help me see the truth that when I try so hard to control my body, I'm letting Satan control me and my life. Help me to choose to walk in the light instead of the darkness of my eating disorder because I'm Your child—a child of Light.*

Day 10

Scripture: Romans 8:5-18

Devotional: During my eating disorder recovery, I felt un-fixable. Although my physical recovery happened relatively quickly, my mental, emotional, and spiritual recovery happened incredibly gradually. Becoming “all better” simply wasn’t a realistic expectation for me because every day presented—and still presents—both a temptation to listen to Satan *and* an opportunity to listen to God. The progress that I’ve made has been slow, yes, but it has also been *invaluable*. Real recovery isn’t about making fast or long strides toward becoming “all better”; it’s about making small daily decisions to find true freedom from slavery.

Prayer: *Dear God, I confess that I've been living according to my flesh because I know that maintaining an eating disorder goes against Your will and Your Word. When You saved me, You didn't give me a spirit of slavery; You gave me a spirit of adoption. Help me embrace my new identity as Your beloved child so that I will live out my true identity in my recovery.*

Grace McCready is a twenty-something author and speaker. Although she doesn't enjoy drinking black coffee, running marathons, or reading books, she does enjoy spending time with her family, chatting with her friends, and watching her favorite TV shows. She graduated from Bryan College with a double major in Business Administration: Management + Communications, Media, and Culture. Her writing has been published across the web and in print. She is the author of [Real Recovery: What Eating Disorder Recovery Actually Looks Like](#), and she shares personal stories and Scripture to encourage young women at her blog, [Tizzie's Tidbits of Truth](#).