



Grace Reformed Church
Omaha, Nebraska
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R E M U D A
Hope • Healing • Life Ranch
PROGRAMS FOR EATING & ANXIETY DISORDERS

Identity

Uniqueness and Affiliation.

Cultural critic Jean Kilbourne has observed that overcoming food temptation has replaced sexual chastity as the symbol of female virtue.

C.S. Lewis describes it this way:

[It] begins with a grumbling mood, always complaining, always blaming others . . . but you are still distinct from it. You may even criticize it in yourself and wish you could stop it. But there may come a day when you can no longer. Then there will be no you left to criticize the mood or even to enjoy it, but just the grumble itself, going on forever like a machine.... In each of us there is something growing, which will BE Hell unless it is nipped in the bud.

So what can we do?

- Encourage your children to explore and express what interests them,
- what feelings they have, and what makes them unique
- engage with them on why they think what they do
- Ask them about their feelings, interests and experiences without judgement of implying that they are wrong.
- Engage with them in the things they find interesting.
- Encourage them to join groups, find friends, be a part of clubs that share their interests.
- Tell them your story and stories of your family.
- Give them a sense of who you are and a history of those who came before them.
- Don't keep family secrets, but at the right time and maturity level help them to understand the difficulties you have faced.
- Brag on them and tell them what you like about them.
- Be honest with them and sensitively give them feedback on how they annoy you.

Beauty

•Two out of five women and one out of five men would trade three to five years of their life to achieve their weight goals.

•In 1970 the average age of a girl who started dieting was 14; by 1990 the average dieting age fell to 8. Current estimates include ages as young as 6 years old.

•One out of three women and one out of four men are on a diet at any given time. Two thirds of dieters regain the weight within one year and virtually all regain it within five years.

Perceived Obsolescence and the Story of Stuff

Defining Beauty

Hebrew (Yapha): to glow or bloom

Sanskrit (Sundara): holiness

Greek (Kalon): idea and ideal

Navajo (Hozho): health and harmony

Japanese (Wabi-Sabi): humility and imperfection

Beauty is something that, when it blooms and glows and, even in its imperfection, brings a longing for harmony, health, and holiness to the one who experiences it.

Impact

To exercise dominion means to rule over, care for and cultivate the world God has created for us. We are to leave our mark in the world, partnering with God in bringing beauty to all of creation and culture.

Who is Responsible?

G.K. Chesterton (1874-1936) was asked to write an article on the topic, "What is wrong with the world?"

Future Hope

The Christian hope and guarantee is that one day that beauty will be released in all of its fullness. No matter how you feel now, you will one day step into a beauty that when it blooms and glows, even in its imperfection, will bring a sense of harmony, health, and holiness to you and everyone around you.

There are some specific ideas we need to hold on to in order to make this relevant to beauty and body image:

1. All things will be restored. This includes earth, bodies, relationships, thoughts, feelings and behaviors.
2. We will have resurrected bodies.
3. We will not only be content with, but enjoy these bodies.
4. There will be no more pain, no more shame, no more fear, no more sadness, no more secrets and no more anxiety.
5. All of our needs and desires will be satisfied, with no fear of gluttony.

Imagine:

1. You will have a glorified, resurrected body and will inhabit it without shame and be free of corruption (sickness/illness, etc.)
2. You will experience integrity of person, free of conflicting thoughts, feelings and behaviors.
3. You will celebrate your uniqueness of person, in body and spirit and will no longer feel contempt for yourself or others and have no need for comparison.
4. You will relate to food (heavenly food!) without fear, able to enjoy its taste, nourishment and partake of it with others, enjoying community and communion.
5. You will be growing in glory and substance, finding more of your identity grounded in your relationship with God, confident in who He made you to be and assured of his love for you.

Caterpillars and Butterflies

Christian Hope is the desire and expectation of a future event that is certain to happen. It has the effect on changing behavior **now** in order to prepare for what will happen **then**.

Q&A