

A prayer for compulsive overeaters

Gracious God, you spread a table of true nourishment in the wilderness and invite us all to feast: Let your loving presence fill the yearning hearts of all who run to excess food for solace or escape. Relieve our shame, heal our self-hatred and remorse, and wrap us in the cloak of your compassion. Give us courage to reach out for help and the grace to accept it. Uphold us daily with your power as we learn to care for our bodies and to listen to their needs. Strengthen us to seek the food that really satisfies and to discover that in the sweetness of your presence whoever comes to you will never hunger and whoever believes in you will never thirst. *Amen.*



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