

The Devil Is A Cockroach

Years ago, Pastor Chip Henderson of Pinelake Church in Brandon, MS, delivered an analogy that made a lasting impression on me. He recalled how he, as a young seminary student renting a room out of an old house, unfortunately had to share quarters with cockroaches. Roaches are disgusting creatures (not sure why God created them, but that's a topic for another day), but they cannot actually hurt us humans. They carry germs and diseases, but they don't bite or sting or cause bodily injury. And when you turn the lights on, that's when they usually scatter. Chip's point was that this is how the devil operates in our lives. He can't directly hurt us (apart from what God allows within the confines of His divine providence). No, instead he deceives us. If Satan can get us to believe a lie, then he has us right where he wants us.

From a psychological perspective, the eating disorder works similarly. It whispers in the ear of the sufferer: "You're not good enough, not thin enough, not pretty enough...and therefore, you are not ENOUGH." Or "You can't handle these emotions or difficulties without channeling them through me." Or "Life will never improve. You'll always be lonely, heartbroken, abandoned, forsaken." Only by relying on this disorder, one believes, can he or she find meaning, purpose, or joy. What a lie! When we hold that up against truth, exposing it to the light, we see it for the falsehood that it is.

"The light shines in the darkness, and the darkness can never extinguish it." John 1:5

God gives us His mercy, grace, and direction to lead us through painful circumstances, to heal damaged emotions and wounded hearts. We can safely relinquish control to a loving God instead of tightening our grip on a debilitating disease—believing this is the answer when it's actually worsening the problem.

The evil one traps you by convincing you to believe a lie. That is what the eating disorder does. Remember your true enemy. Walk in light, and walk in freedom.

-Susan Landry, LPC