

Gratitude: Spiritual Anorexia, Nine-Step Recovery Program Review

G. Spiritual Anorexia

There is a psychoneurotic medical condition called anorexia nervosa which is defined as “an emotional aversion to food.”

Jeremiah 15:16 - Your words were found and I ate them and your words became for me a joy and the delight of my heart. That it is classified as a neurosis means it is the result of an emotional conflict.

Although neither medicine, neurology, nor psychology accepts the presence of the human soul, the clinical term used to describe anorexia nervosa is revealing.

Psychoneurosis is a compound taken from the Greek word for the soul, *psuche* and the nerves, *neuroo*.

In other words, the soul causes a problem in the function of the central nervous system.

Causes of this disorder are said to include obstructions in the gastrointestinal system, chronic disease of the kidneys, liver disease, allergies, and drugs, such as amphetamines.

Placed in the spiritual realm, the obstruction in the gastrointestinal system is analogous to a breakdown in the metabolization of doctrine and correlates with negative volition.

Chronic disease of the kidneys is equivalent to emotional reflux into the soul of certain sins, such as arrogance in general and rebellion in particular, both of which lead to bitterness, or venom, in the soul.

Allergies are defined as pathological reactions to substances or situations that are without comparable effect on the average individual.

The “average” believer should not react to doctrine, but the carnal believer does. He cannot orient and adjust to the challenges of the Jornada and thus suffers a spiritual respiratory shutdown.

Drugs such as amphetamines are designed to stimulate the central nervous system and are often used in inhalants.

Amphetamines when inhaled produce shrinkage of the nasal mucous membrane in hay fever and asthma victims. But used in excess, amphetamines can produce undesirable effects including abdominal cramping with nausea, vomiting, and diarrhea. Large doses can produce loss of consciousness, collapse, and death. In adequate doses, these drugs partially overcome the effects of narcotics and alcohol. The physical effects of amphetamines include wakefulness, mental alertness, increased initiative, elevation in mood, enhanced confidence, euphoria or elation, lessened sense of fatigue, talkativeness, and increased ability to concentrate. However, we have learned from our study of neurology that when enhancements to the central nervous system are introduced into the body from the outside then the natural production of the body's requirements of these types of stimulants gradually shut down and thus develops one's addiction to the drug. This is the reason the Bible warns us against the improper, nonmedical, and indiscriminate use of pharmaceuticals.

In the spiritual metaphor, amphetamines fall into the realm of human viewpoint problem-solving and eventuate, once addicted to them, into human good and evil.

Spiritual anorexia nervosa amounts to a soulish aversion to spiritual food—biblical truth—and its metabolization in Bible class.

In the medial condition, anorexia nervosa can become a full-blown schizophrenic delusion which results in the abhorrence of food.

In the spiritual metaphor, this advanced state would describe hatred of truth and advanced reversionism including its advanced stages of emotional revolt, blackout, and scar tissue of the soul.

The first generation's dissatisfaction with manna as physical food for the body is the result of their having already rejected truth as spiritual food for their souls.

No spiritual food means no development of gratitude in the soul.

This condition develops first of all into anorexia nervosa of the soul followed by anorexia nervosa of the body. The problem that results in both cases is psychoneurotic.

When a person is in a psychoneurotic condition brought about by poor decisions, reaction to events in the Jornada, or just plain arrogance and rebellion, it is clear that this person is spiritually ill from venom in the soul called bitterness.

This bitterness must be tempered and the carnal believer's antidote for this venom in his soul is the three arrogant skills: self-justification, self-deception, and self-absorption.

And so, the carnal believer administers metaphorical amphetamine, he inhales arrogance and emotion into his soul which only produces more bitterness.

This causes an even more intensified reaction and this eventuates in sublimation with drugs, sex, alcohol, hedonism, or anything which will dull the inner misery resident in his soul.

The next level of amphetamines becomes a frantic search for happiness which can never be assuaged. The true solution? The Nine-Step Program for Reversion Recovery!

The Nine-Step Program for Reversion Recovery

1. *metanoeo*: To admit wrongdoing to oneself.
2. *homologeo*: Confession alone to God alone.
3. *pleroo*: To be filled with the Holy Spirit.
4. *didaktos*: To be taught under the Holy Spirit's mentorship.
5. *gnosis*: Academic understanding of divine truth.
6. *epignosis*: Divine truth metabolized into the stream of consciousness.
7. *hupomimnesko*: Recall of divine truth to the conscious mind.
8. *katergazomai*: Application of divine truth to life and circumstances.
9. *misthos*: Rewards in both time and eternity.