

WHY WHAT WE EAT MATTERS TO CHRIST AND HOW IT CAN AFFECT OUR SPIRITUAL WALK

When food no longer serves as a source of nutrients and fuel and begins to fill other voids

What place food holds in our lives?

Our relationship with food?

Food as an idol:

- Something we live for, long for
- We can't stop thinking about
- We are unsatisfied and want more
- Food as a go to when we are sad, happy, lonely, procrastinating (emotionally eating)

Obsessing over what we are eating, our weight and obsessively calorie counting

1 Tim. 6:6 "Godliness with contentment is great gain"

The contentment is the contentment in God. This is precisely what acts as the governor or moderator or the regulator or the guide in all of our desires.

We do we seek that fulfillment in food?

Excess in eating is gluttony

Philippians 3:19 "Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is set on earthly things."

Romans 13:14 "Rather, clothe yourselves with the Lord Jesus Christ, and do not think about how to gratify the desires of the flesh."

The result of eating foods that are void of nutrients

Toxicity and deficiency

- Poor dietary habits and environmental toxins
- Overwhelm the body's ability to process and eliminate toxins is impaired
- The more toxic the more deficient a person will become
- liver becomes insufficient and immune system becomes overwhelmed

-Creates urges to satisfy the body's needs and can lead to unwanted cravings altering the body's hormones such as leptin and ghrelin which can lead to more and more unhealthy indulgences

"Any day a person burns up more energy than they assimilate from their food, that day they begin to get sick"

Genesis 3: 2-7

What is the lie being told about food?

-Television

-Diet campaigns

-Media

If we are sick, how can we do what God has called us to do?

As God's imagers it is important to what we put in our body's

Food is not independent of our spiritual lives

We have a responsibility to take care of our temple's?

Ephesians 2:10 "For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things He has planned for us long ago"

We are called to be set apart from the world

Colossians 3:10 "And you've become a new person. This new person is continually renewed in knowledge to be like its Creator"

Becoming healthier

-Eating real food

-Biblical based diet (The Maker's Diet, Daniel Diet, Paleo, Whole 30)

-Begin looking at food as a source of fuel. Will this give me energy or take away

Having deep conversations with God

Prayer and Fasting

