

A Healthy Relationship with Food

Look up the following Scriptures and write them. Please don't skimp on this: writing Bible verses helps us to slow down, consider each word, and sincerely think on God's truth. Take your time. After you've written a verse, write what jumps out at you—a word, concept, or command or question you sense the Holy Spirit wants you to notice in that specific Scripture.

1 Corinthians 10:31

Observations:

1 Corinthians 6:19-20

Observations:

1 Corinthians 3:16-17

Observations:

Proverbs 25:28

Observations:

1 Corinthians 6:12

Observations:

Galatians 5:16

Observations:

John 4:31-38

Observations:

Matthew 6:25-34

Observations:

John 14:15

1 John 5:2-3

Observations:

Summarize what the Lord is telling you today.

Are you willing to obey Him?

What are some things you can do to help yourself walk forward in obedience to God, regarding your relationship with food? (Be careful not to set unrealistic 'laws' for yourself. Remember, our goal is to walk by the Spirit and to obey Jesus because we love Him.)

*If you're interested in additional resources, I highly recommend
"Love to Eat, Hate to Eat" and "Idols of the Heart," by Elyse Fitzpatrick.*