

FOOD

1Tim. 4:4-5 For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.



AND THE CHRISTIAN

BIBLICAL SUPPORT

- Gen. 2:9;16-17 – Adam was initially vegan
- Gen. 3 – Adam & Eve became carnivorous ?
- Animal Sacrifice Instituted
- Law of Moses
 - Animal Sacrifice for Sin (Lev. 3)
 - Eating of certain kinds of meat prohibited (Lev. 5, 7, 11)
- All food is good! (Act. 10:15, 1Ti. 4:4-5)

TWO BODIES

- God gave us a rich appetite to choose what pleases us to eat.
- Physical body – Nourishment required to biologically function.
- Spiritual body – Nourishment required to mentally function.
- Scriptures speak of taking care of both but with emphasis on the Spiritual body.
 - 1Co 6:13 "Food is meant for the stomach and the stomach for food"--and God will destroy both one and the other.The body is not meant for sexual immorality, but for the Lord, and the Lord for the body.

EFFECT OF FOOD ON THE BODY

- Energy Levels
- Thinking & Mood
- Immune System
- Physical Capability
- Undereating Leading to Anorexia and Depression
- Overeating Leading to Obesity and Depression

GLUTTONY

- How much is too much?
 - Eating can become an addiction, a crutch or sin (1 Co. 11:23f).
- Food can be a form of “materialism”
- Glutton and a Drunkard
 - Punishable by death – Deu. 21:18-21
 - False Accusation – Mat. 11:19, Lk. 7:34
- Pro. 23:20 “Be not among drunkards or among gluttonous eaters of meat,”
- 2Pe. 2:19b “...For whatever overcomes a person, to that he is enslaved.

FASTING

- Purpose: To deny the physical body exerting mental discipline towards spiritual growth, and to show piety in service to God.
- Combined with Prayer – the most effective resource to getting answers to prayers and spiritual growth!
- Fasting is Serious - Mat. 6:16-18 *"And whenever you fast, do not put on a gloomy face as the hypocrites {do,} for they neglect their appearance in order to be seen fasting by men. Truly I say to you, they have their reward in full. 17 "But you, when you fast, anoint your head, and wash your face 18 so that you may not be seen fasting by men, but by your Father who is in secret; and your Father who sees in secret will repay you."*

CONCLUSION

- We are all foodies.
- Be mindful of your eating habits
 - Conquer the temptations.
 - Extend your time here for the work of the Lord.
- This lesson was to let you know that I am suffering.
 - Are you willing to suffer with me? 😊