



FOOD AND FAITH FOR HEALTH

Welcome to Food and Faith for Health!

There is not one "right" way of eating according to God's word. He made food to be both nutritious and fun! But somewhere we have lost the purpose. This Food and Faith Journey was designed to help us discover how to have the right mindset in feeding our bodies well through the lens of the Bible. This includes many concepts like having right and pure motivations, keeping God #1 (over health, body, and food), practicing self-control, being patient, and finding joy in serving God and through taking care of our bodies!

As we search our own hearts (Ps 139:23-24) and ask God to do the same, we must remember the gospel truth as it motivates our hearts to make meaningful change. God created this world in a perfect manner, but the woman and the man chose to disobey God; which causes creation to unravel. What was once perfect, is now littered with disobedience and sin. But God had a plan for this world and for His people who love Him. He sent his son, Jesus Christ, to be born on this earth to be the perfect example for us. Jesus was then sentenced, although completely innocent, to death on a cross. This was God's plan. Jesus would die on the cross in our place. Even though he lived a perfect life, he took our punishment (Romans 5:8). When we believe this simple, yet complex truth, we become part of God's family.

Let us continue learning as we hold fast to the gospel! You came to this resource probably because eating, food, health, or body image is a struggle for you. God wants you to know that he loves you and he is here to help you. I pray you will let the word of Christ dwell in you (Colossians 3:16) as you grow in your faith! Here is what you can look forward to in our journey ahead!

Week 1: Transforming our Minds

Week 2: Finding the Right Motivations

Week 3: Find Peace (with Food and Our Bodies)

Week 4: Practicing Self-Control

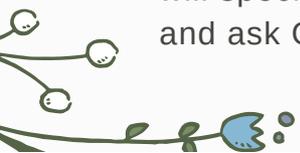
Week 5: Banishing Lies

Week 6: Patience and Perseverance

Week 7: Finding Joy

Week 8: Creating a Plan

I am so proud of you for taking this step! Please plan to spend about 10 minutes daily to focus, establish goals, write in your journal and look up verses in the Bible related to each day. I typically use the English Standard Version as my Bible, and I will specify if I want you to look up a different version. Begin with prayer every day and ask God to guide and teach you and guide you in ALL that you do!!!





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Introduction

For those of you who know me, you know I get really excited about all things related to food and faith. I always use too many !!! I am your biggest cheerleader! I want you to succeed in your goals! This program is my passion and my heart's desire is that you will come out on the other side with a better understanding of who God is and how His instruction can transform all that you think and do.

I personally want to welcome you to this journey to better health through food and faith! In the next 8 weeks you will look at concepts the Bible teaches us that relate to food and nutrition. My prayer is that you will grow in your relationship with the Lord first and foremost, and second, I pray that a transformation will occur in your mind in how you think about food, nutrition, health, and your body.

I am a Registered Dietitian Nutritionist and a Christian and I truly believe that God's word applies to all areas of our lives, even nutrition! As humans, we tend to compartmentalize our lives leaving God on the sidelines in some areas. In the morning I spend some time in God's word and in prayer and then I go about my day. But the truth is, *everything* I do during my day should be affected by God and His word. The more I know and read about God, the more I love Him and desire to please Him in all I do!

I need to also confess that I too struggle with having a healthy relationship with food from time to time. I have definitely grown in this area, but I am by no means perfect. For about 10 years, I struggled intensely with sugar addiction, body image issues, unhealthy dieting, and exercise addiction. God has rescued my soul in many ways from a very unhealthy relationship with food. My own issues have spurred me onto helping others overcome their unhealthy mindsets about all things related to nutrition. I hope you will discover peace and joy as you continue in this Food and Faith journey with me!

This program will help you also explore your issues, identify them, and resolve them through amazing faith and grace that is only given from our Lord and Savior. God has the power to change you through this journey. What a blessing to know that you are not alone. Amen! Are you ready? Come along, fellow food and faith travelers, and let's pray the Lord will open our eyes and ears to see and hear what he has to teach us about nutrition, health and body image through the lens of His Word!

