



FOOD AND FAITH

Welcome to Food and Faith!

God's truth can be hard to see when the world we live in has clouded our vision. The world has a tremendous impact on what we believe and how we act accordingly. We have become distracted with what the world says that we have forgotten that God's word provides us with amazing truth to help us in all areas including nutrition and health!

God made food to be both nutritious and pleasurable! But we often place too much emphasis on one or the other of these purposes and we fall into a number of traps that leave us desperate for truth. This Food and Faith Journey is designed to help us discover how to change the way we think about all of this!

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.

The Gospel

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: Emotional Eating, Week 9: Making Plans

Plan to spend about 15 minutes daily to work through this program. As you transform the way you think about nutrition, health, and your body, you will be directed towards scripture that will guide you. 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!



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Introduction

I will be encouraging and guiding you every step of the way. We will use science-based nutrition knowledge to help you have a better understanding of *how* to take care of your body well. And, we will be using the Bible to help us understand what our attitudes and motivations should look like according to God's word. I pray that you will grow in your faith, that you will transform the way you think about food, health, and your body, and that transformation would lead to a change in *what* you do.

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. This is not the way it should be! Everything we do should be affected by God's word.

I confess that I have struggled in these areas. The Lord has taught me so much, 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.

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 food, health, and body image through the lens of His Word!

A note about trauma: As you take this journey, you may uncover some difficult memories and/or feelings. You may discover that some of your behaviors related to eating or exercise are related to unpleasant past experiences or even trauma. First, please know you are not alone. Second, please understand that the program is not designed to walk you through healing from that trauma. If you uncover some of these difficult feelings and memories, please seek out a licensed counselor to help you navigate them. You can take a break from the program to focus on healing, or you can continue through it as you also meet with your counselor.

