

Lies We Believe

Jenn Bryant, MS, RDN, LD, CDCES

Prayer for Today:

Oh Lord, you are our Rock and our Redeemer. You are the God of the heavens and the earth. You created us and as in Psalm 139:14, you say that we are wonderfully made. Lord, you know each of our hearts so well.

We confess today that we have had wrong thoughts in many areas, but today as we are specifically focusing on how we take care of our bodies, we confess that we have had wrong thoughts about how we feed our bodies, how we move our bodies, and our health in general. We have often created these things to be more important than you or We have often been apathetic and lazy and we struggle to find a balance.

Lord, help us to turn our focus this morning. Help our thoughts and words and actions to be pleasing to you as we seek to understand what you have to say about taking care of these earthly bodies you have entrusted to us. Lord, we thank you for these bodies. We thank you that we are each unique, we thank you for your beautiful creativity.

Lord, we ask for your help this morning. We ask you to soften our hearts. Incline our ears. Lord, teach us. You are the great teacher and we are grateful that truth comes from you. Help us to hear truth this morning. Help us to recognize the lies of the world, and help us to fight with truth from your word. We pray you would strengthen us and increase our faith. We pray that as we grow, you would give us more of your fruits. We pray for love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Amen.

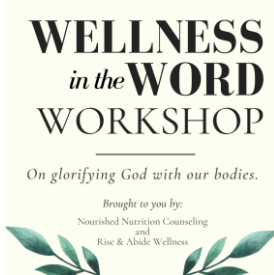
Goals of this Workshop:

1. Focus on growing in your faith FIRST
2. Find the right motivation.
3. Critically ask, "what does the Bible say about this?"
4. Apply Biblical Principles in every area of life—including nutrition!

There is so much nutrition noise all around us! I truly believe Satan uses all of this to distract us from what matters most, that is, our relationship with God!

When we believe the lies of the world: we keep wanting, searching, striving.

When we believe the truth from God's word: we find joy, peace, and satisfaction in God alone.



Recap from January's workshop

1. Taking care of my body is hard work. We looked at work being good from Gen 2:15, and the benefits of discipline (Hebrews 12:11)
Reframe: This feels hard sometimes, but I know that when I am disciplined and joyful about taking care of my body, this pleases God.
2. Food can fill the emptiness I am feeling. The lie that food can satisfy our deepest longings. This indicates emotional eating. We remembered that God intends to be that comfort. Psalm 90:14
Reframe: I know that food only temporarily satisfies or helps me escape. I know that the Lord can satisfy me much more.
3. I will never be as thin as her. The lie of comparison. Ephesians 4:22-24
Reframe: It doesn't matter what she is doing or what she looks like. I am going to do what I know pleases God.

Today's Lie: I will never be able to change my habits, I keep failing!

Wellness: The pursuit of taking care of your body (physically, spiritually, and mentally) to the best of your ability and knowledge with the understanding that God is sovereign.

What is success?

Definition according to God: To take care of our bodies for the glory of God.

1 Corinthians 10:31

Using food the way God intended: for nourishment and pleasure

Success comes when we find balance here.

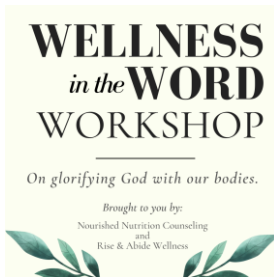
What is failure?

- When we don't honor God, or when our behavior is sinful.
- We cannot change our behavior if we don't look at the heart.
- Remember this is not defined by outward appearance or other health markers, this is all about the heart!
- Mini lie: If I just try harder, I can change. Or, If I just had more willpower, I could change.
- The truth: our behaviors change when our heart changes. We are looking for the root problem, the heart problem. That is where real change happens.

How can we identify wrong patterns?

Step 1: Recognize the problem

1. Realize the rules given to us by whatever diet are not what defines right and wrong.
2. Explore the heart behind the behavior.
 - Old self: Colossians 3:5, Galatians 5:19-21: Greedy, angry, full of lies, and evil desires, pride, laziness, apathy, gluttony. Looking for satisfaction in all the wrong places.



○ New self: More like Christ: compassionate, kind, humble, gentle, patient, gracious, loving and peaceful (Colossians 3:12-15, and Galatians 5:22-23)

3. What is the desire behind the behavior?

4. 4 common patterns I see:

- a. Gluttony, using food excessively. This includes emotional eating.
 - i. The root: seeking pleasure apart from God, setting the mind on earthly things.
 - ii. Philippians 3:19
 - iii. The result: destruction
 - iv. What can we do? Set our minds on things above! Colossians 3:2
- b. Apathy, not caring how we treat our physical body. We can easily fall into this one because sometimes learning, changing habits, and cooking are hard work! We can be tempted to throw up our hands and say, "I don't care." Or, we look for the quick fix.
 - i. The root: laziness
 - ii. Hebrews 12:11, Proverbs 13:4
 - iii. What can we do? Remember that God is pleased when we take care of our earthly bodies.
- c. Pretentiousness and Pride, creating rules that are too strict and inflexible. Often created from the diet mentality. Culture even celebrates being too strict. We might prioritize our diet or a workout over fellowship.
 - i. The root: Pride
 - ii. Romans 12:16
 - iii. What can we do? Be humble. Realize we are each on our own journey. Be an encourager to others.
- d. Idolatry, This one can take many forms. It happens when we make something or someone (maybe ourselves) more important than God.
 - i. The Root: considering something more important than God. Ask, do I love God over everything? Am I pursuing health over other endeavors that would please the Lord?
 - ii. Colossians 3:5
 - iii. What can we do? Put on the characteristics of Christ. And remember the definition of Wellness!

Step 2: Confess to God and to others

1 John 1:9, Ephesians 5:13

Let the sin become a light for others and find freedom in Christ!

Step 3: Repent!

Repentance: (Christianity.com) A change in the way I think that leads to a change in the way I live.

*Don't minimize God's grace—it truly is greater than all our sin!

Summary:

- Be on the lookout for all of these lies, they creep in when we least expect them. 1 Peter 5:8
- Ask God to help you. Psalm 139:23-24
- Keep your eyes on the Lord by studying, meditating, praying every day to feed your soul!