

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!

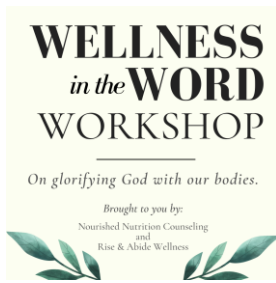
There is so much nutrition noise all around us! I truly believe Satan uses all of this to distract us from what matters most, that is, our relationship with God!

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.

Let us search for truth in God's word: Proverbs 30:5

Every word of God proves true; he is a shield to those who take refuge in him



Lie #1 "Taking care of my body is hard work"

1. *God created work to be a good thing. Genesis 2:15, Psalm 128:2*
2. *Sometimes work is hard. Hebrews 12:11*
3. *Culture does a good job of convincing us to believe that hard work isn't worth it.*
4. *Is taking care of your body actually hard work? If that is how you feel right now, is hard work a bad thing? Consider the results of hard work in the past, what fruit did it yield?*
5. *How to identify this lie: You are always "starting over"*
6. *Question: What are the benefits of discipline? How can you change the way you think about taking care of your body to include more positive words?*

Lie #2: "Food can fill the emptiness I am feeling"

1. *This is the lie that food will satisfy our deepest longings.*
2. *This lie includes emotional eating.*
3. *Food was created for nourishment and pleasure.*
4. *Coping is not something God intended food to do for us.*
5. *God is the only one who can truly satisfy. Psalm 90:14*
6. *How to identify this lie: You turn to food in stressful, lonely or other emotionally taxing situations. You have forgotten what it feels like to be hungry.*
7. *Question: How can you cope with emotions in a healthy way that pleases God?*

Lie #3: "I will never be as thin as her."

1. *The lie of comparison.*
2. *The only person we should compare ourselves to is Jesus. Our entire Christian life is becoming more like Jesus. Ephesians 4:22-24.*
3. *Remember, you are on your own journey.*
4. *Focus on your progress, forget perfection.*
5. *Keep an eternal perspective.*
6. *How to identify this lie: When you meet someone new, do you automatically assess her size or her plate?*
7. *Question: In what areas of your life do you tend to compare? Think about Jesus, in what ways do you want to be more like him?*

Other scriptures:

1 Peter 5:8

Ephesians 6:10-18

Psalm 139: 14

WELLNESS *in the* WORD WORKSHOP

On glorifying God with our bodies.

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Nourished Nutrition Counseling
and
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