



New Self Characteristics in Christ

Verse Reference	Characteristic of New Self	How it relates to food, nutrition, and health
Romans 12:1-2	Transformed by the renewing of our minds	We recognize food and our bodies as a gift from God. We thank Him for these gifts, but they are never more important than God himself.
Galatians 5:22 Colossians 1:11	Joy	We find joy in treating our body well with good nutrition and joyful movement.
Galatians 5:22	Peace	We are not anxious about what or when we will eat or how or when we will exercise.
Galatians 5:22 Colossians 1:11 Colossians 3:12	Patience	We are patient in our journey to changing our habits.
Galatians 5:22-23 Colossians 3:12	Kindness, Goodness, Gentleness	We do not punish our bodies for “bad” decisions with food. We are kind.
Galatians 5:23	Self-Control	We make decisions in a measured way that benefits our earthly body realizing that food was also made to be pleasurable.
Galatians 5:26	Not conceited or envious	We will not compare ourselves to one another realizing that God created each one uniquely.
Ephesians 2:3-7	We are saved, raised up, and seated with Christ in heaven	We keep the focus on the main thing—the Gospel that Christ died for our sins.
Ephesians 4:22-24	Created in the likeness of God Righteous and Holy	We respect the earthly body God has given us on this earth. It is a reflection of God himself to be used for His glory.
Colossians 1:10	Walk in a manner worthy of the Lord	We will commit to serving the Lord in all we do, and we recognize we can do that better when we take care of our bodies.
Colossians 3:12	Humble	We recognize that the way our earthly bodies look, does not matter to God. We do not compare or boast to one another.
Colossians 3:13	Forgiving	We support one another in this journey. We recognize we have been hurt by others and we desire to offer forgiveness. When we make a mistake ourselves, we accept the forgiveness God offers.

Adapted From: Food and Faith Program (Week 1, Day 5)