

Faith-Based Nutrition

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Food For Thought

Consider how you have taken care of your body in the last 6 months...

What have you done well?

What would you like to improve?

What is preventing you from making improvements?

How does our faith influence our Nutrition?

- In ALL things, we are to transform our minds
- The Bible tells us to put off our old selves: angry, selfish, conceited
- Put on Christ: compassionate, kind, humble, gentle, patient, peaceful
- Our bodies are a gift from God, we are commanded to steward gifts well
- God does work through us

Key Concepts

1. Redefining Success
2. Transforming Our Minds
3. The Fruits of the Spirit
 1. Finding Peace with Food and with our Bodies
 2. Growing in Self-Control
 3. Practicing Patience
 4. Finding Joy
4. Planning and Creating Habits

Redefining Success

Consider what the world says success is...

Now, ask, what would God say?

To take care of our bodies for the glory of God.

1 Corinthians 10:31 ESV

“So whether you eat or drink or whatever you do, do it all for the glory of God.”

Redefining Success

Using food the way God intended:

- Nourishment
- Pleasure

Finding balance here helps us find success

Being aware of habits that are not helping us take care of our bodies

Watch that you are not using food for reasons other than hunger
(possibly emotional eating or focusing too much on pleasure)

Transforming our Minds

Discover the difference between culture rules and what God says.

Romans 12:2 ESV

“Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.”

Transforming our Minds

TRANSFORM YOUR MIND THURSDAY

Instead of Saying

DIETING IS HARD!

Say

TAKING CARE OF MY BODY WELL GIVES ME JOY!

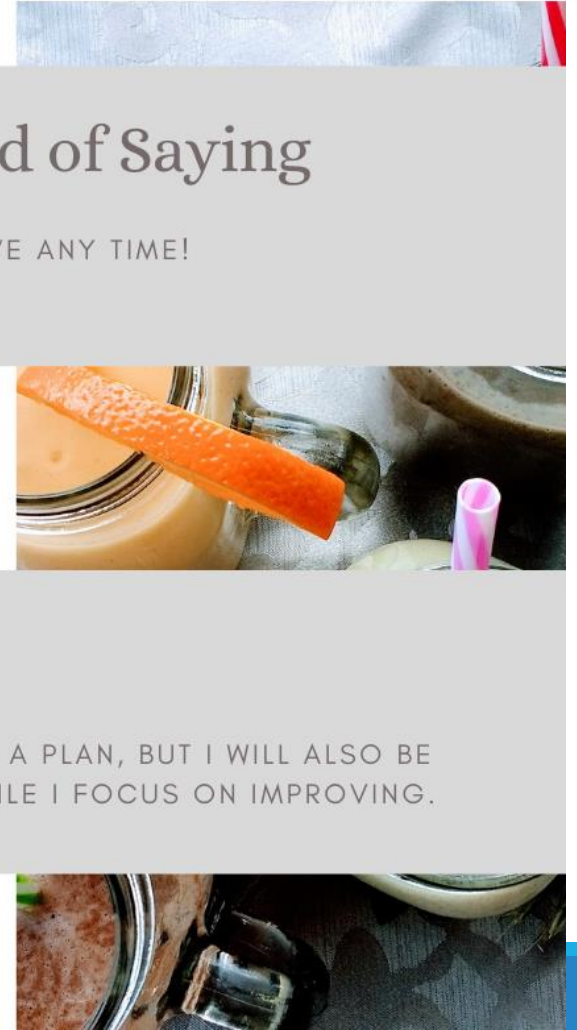
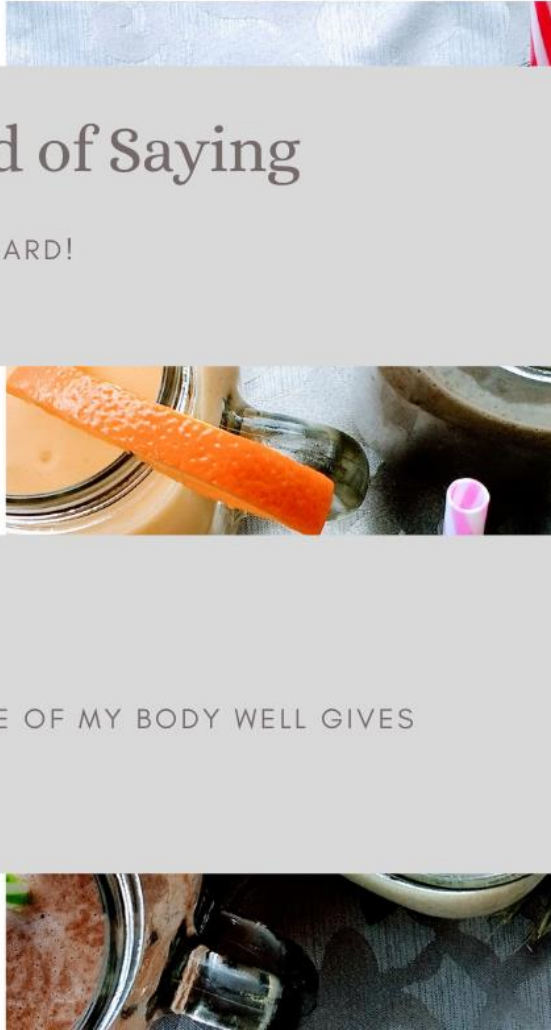
TRANSFORM YOUR MIND THURSDAY

Instead of Saying

I DON'T HAVE ANY TIME!

Say

I WILL HAVE A PLAN, BUT I WILL ALSO BE PATIENT WHILE I FOCUS ON IMPROVING.



Transforming our Minds

TRANSFORM YOUR MIND THURSDAY

Instead of Saying

I HAVE NO WILLPOWER.

Say

I KNOW GOD'S SPIRIT GIVES ME SELF-CONTROL, AND I CHOOSE TO USE IT WELL IN SOME SITUATIONS.

TRANSFORM YOUR MIND THURSDAY

Instead of Saying

I NEED TO EXERCISE MORE BECAUSE I ATE THAT.

Say

I WON'T PUNISH MYSELF FOR A "BAD" DECISION. I WILL EXERCISE IN A WAY THAT MAKES ME FEEL GOOD.

Transforming our Minds

TRANSFORM YOUR MIND THURSDAY

Instead of Saying

I WAS GOOD TODAY

Say

I KNOW THAT MY FOOD CHOICES DON'T
DEFINE MY WORTH.

TRANSFORM YOUR MIND THURSDAY

Instead of Saying

I HATE MY BODY.

Say

I RESPECT MY BODY AND I AM THANKFUL
FOR ALL IT CAN DO!

Poll #2

Growing in the Fruits of the Spirit

Galatians 5:22-23 ESV

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.”

Growing in the Fruits: Finding Peace with Food and our Bodies

- Our culture has poisoned our minds with diets, promises, and supplements
- ***“There are no good or bad foods, but we make them so when we use them for inappropriate reasons or in inappropriate amounts.”***
- Our bodies are gifts!
 - Let's not make them more important than the giver
 - Let's not hate the gift He has given us

Growing in the Fruits: Self-Control

- What is Self-Control?
- Assessing desires to see if they are beneficial, saying no requires self-control
- What rules are actually beneficial for your body and which ones aren't?
 - Eating after 7pm
 - Pasta is “bad”
 - What are some other examples? (Type in Chat)

Growing in the Fruits: Patience and Joy

○Patience

- Changing any habit requires patience and perseverance!
- How often are we searching for the “quick fix”?

○Joy

- Avoid searching for joy in false promises
- Remember that anything that brings us closer to God is a blessing!

Poll #3

Getting Rid of Lies

1. There are so many “lies” about food and nutrition EVERYWHERE.
2. We must learn to recognize them!
3. We must learn to fight them with truth!
4. Truth comes from God’s word.
5. Common lies: “It is too hard” “Food can fill the emptiness” “I will never be as good as _____” “There are good and bad foods” “I will never be able to do this”

Making Plans and Habits

- Focus on progress, not perfection
- Be intentional about plans and goals
- Always remember your motivation
- Focus on growing in your faith first!
- Be on the lookout for lies
- Grow in the fruits

Key Verses

- Colossians 3:17

And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.

- Galatians 5:22-23

But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.

- Romans 12:2

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

Free Resources!

- 5 Day Food and Faith Discovery! Newsletter Tuesday!
 - NourishedNutritionCounseling.com
- Food and Faith Facebook Group
 - <https://www.facebook.com/groups/607910660039946>
- Follow me!
 - @nourishednc
 - Nourished Nutrition Counseling on Facebook!

Food and Faith Program



SPECIAL OFFER: \$125!!!

8-week Food and Faith Program

Plus 5 online group sessions

(Tuesdays 1pm-2pm May 31, June 14th, June 28th, July 12th, July 26th)

WHAT CLIENTS ARE SAYING

With so many "diets", I felt very confused. However, week 2 helped me to realize that my motivation really needed to change. I had been looking for a quick fix that would help me lose weight. I now realize that changing my eating patterns because my body is "a gift" and "a temple" is more important than how I look. I now eat healthy food so that my body is strong, and I can go out and "do everything in the name of Jesus".

FOOD AND FAITH PROGRAM