



EATING FOR GOD'S GLORY

FFC WOMEN'S DISCIPLESHIP RESOURCES
TAKE YOU TO GOD'S WORD FOR ANSWERS.

EATING FOR GOD'S GLORY

Food is a gift from God to be enjoyed! But, often we elevate eating way above what God intended it to be. We eat for comfort or reassurance. We eat or don't eat because we like the way it makes us feel. We eat based on how it will make us look. We need a biblical perspective. As disciples of Christ, our goal is to be like Jesus in the way we view and enjoy food.

Directions for the Study

- Carefully read each of the following verses or passages, noting what they say about God's perspective on food and eating.
- Circle at least three passages that speak the most to you. Write a plan of action for training yourself in improving for those passages you have circled.
- Your plan of action might include saying, "I will memorize this passage and quote it every morning. I will ask God to help me every morning. I will ask my coach to pray for me, exhort me, and check up on me. I will keep a daily record of times when I did obey and times I did not obey."
- Work together with your coach for suggestions about how to apply your life in each area you have circled. Discuss with her your plan of action and ask her to pray for you and hold you accountable.

Passages to gain God's perspective on food and eating.

1. Luke 12:22-23, 31, 34

- What does this passage say about God's perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

2. John 4:34

- What does this passage say about God's perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

3. Romans 14:7-23

- What does this passage say about God's perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

4. 1 Corinthians 6:19-20

- What does this passage say about God's perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

5. Galatians 6:16-17

- What does this passage say about God's perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

6. Galatians 5:22-24

- What does this passage say about God’s perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here’s how I will specifically ask my coach to pray for me and hold me accountable: _____

7. Philippians 3:17-21

- What does this passage say about God’s perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here’s how I will specifically ask my coach to pray for me and hold me accountable: _____

8. Colossians 2:8, 20-23

- What does this passage say about God's perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____

9. 1 Timothy 4:3

- What does this passage say about God's perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here's how I will specifically ask my coach to pray for me and hold me accountable: _____



10. 1 Timothy 6:7-8

- What does this passage say about God’s perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here’s how I will specifically ask my coach to pray for me and hold me accountable: _____

12. 1 Timothy 6:17

- What does this passage say about God’s perspective on food and eating? _____

- What change in my life (in my approach to food) do I need to make because of what I have learned?

- What is my plan of action for training in what I learn from this passage? _____

- Here’s how I will specifically ask my coach to pray for me and hold me accountable: _____

