

FALL BIBLE STUDY SERIES:

Developing Healthy Habits (Making Better Life Decisions)

Lesson Two:
You Are What You Eat

“The food you eat can be the safest or most powerful form of medicine or the slowest form of poison.”





French Proverb

"Tell me what you
eat, and I'll tell you
what you are."



**Merriam
Webster**



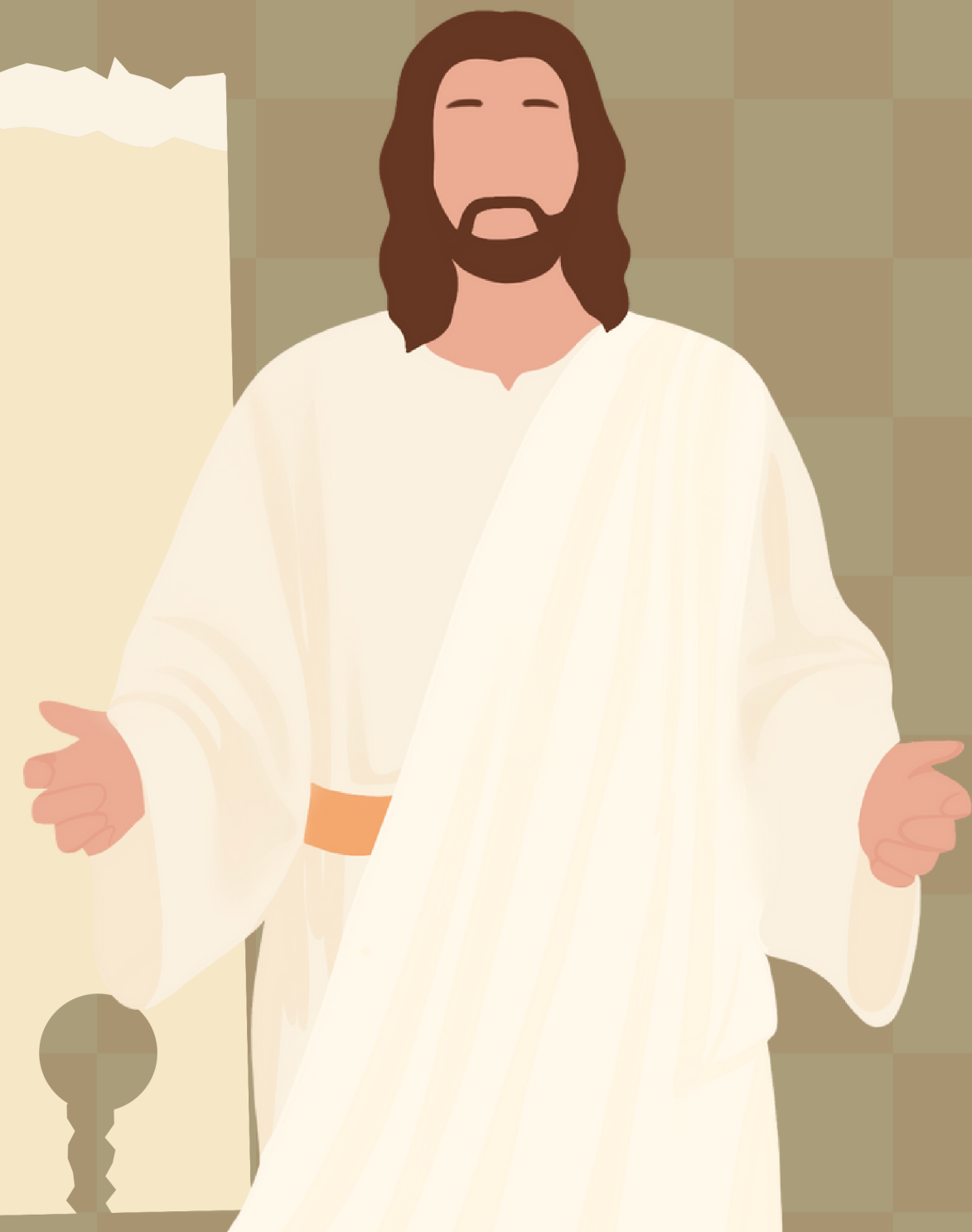
“Food is something
that nourishes,
sustains or supplies”

**THE THREE
PARTS OF
MAN:**

**Spirit, Soul,
and Body**



I Thessalonians 5:23, Now may God Himself, the God of peace, make you pure, belonging only to Him. May your whole self—spirit, soul, and body—be kept safe and without fault when our Lord Jesus Christ comes.”



**III John 2, Beloved, I pray
that in every way you may
succeed and prosper and be
in good health (physically),
just as (I know) your soul
prosperes (spiritually).**





**Feed
the
Soul**



Proverbs 13:25

The righteous
eats to the satisfying of
his soul, But the stomach
of the wicked shall be in
want.





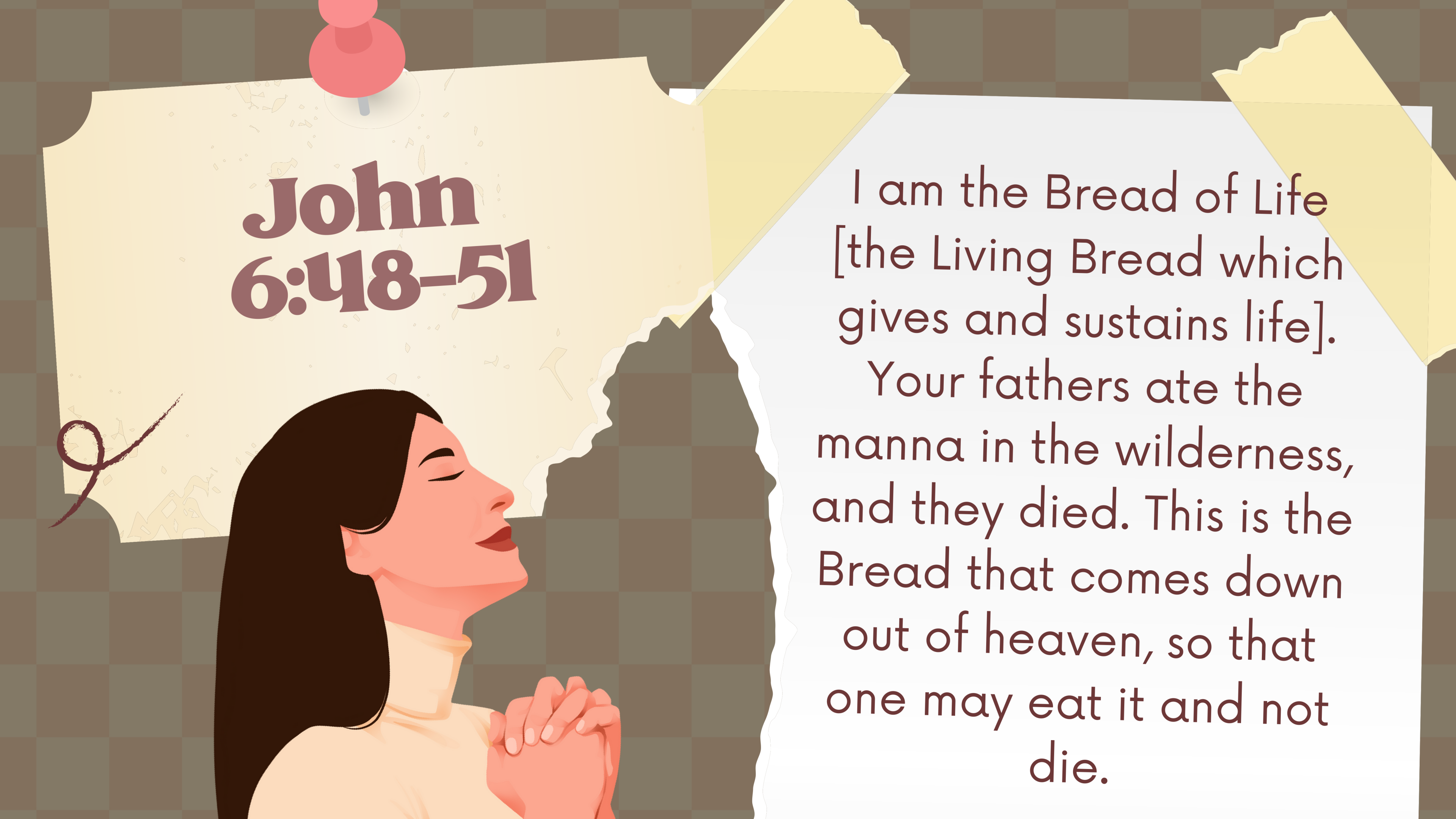
Proverbs 16:24

Pleasant words are like a
honeycomb, Sweetness to
the soul and health to the
bones.



**Jesus
Said, I Am
the Bread
of Life.**



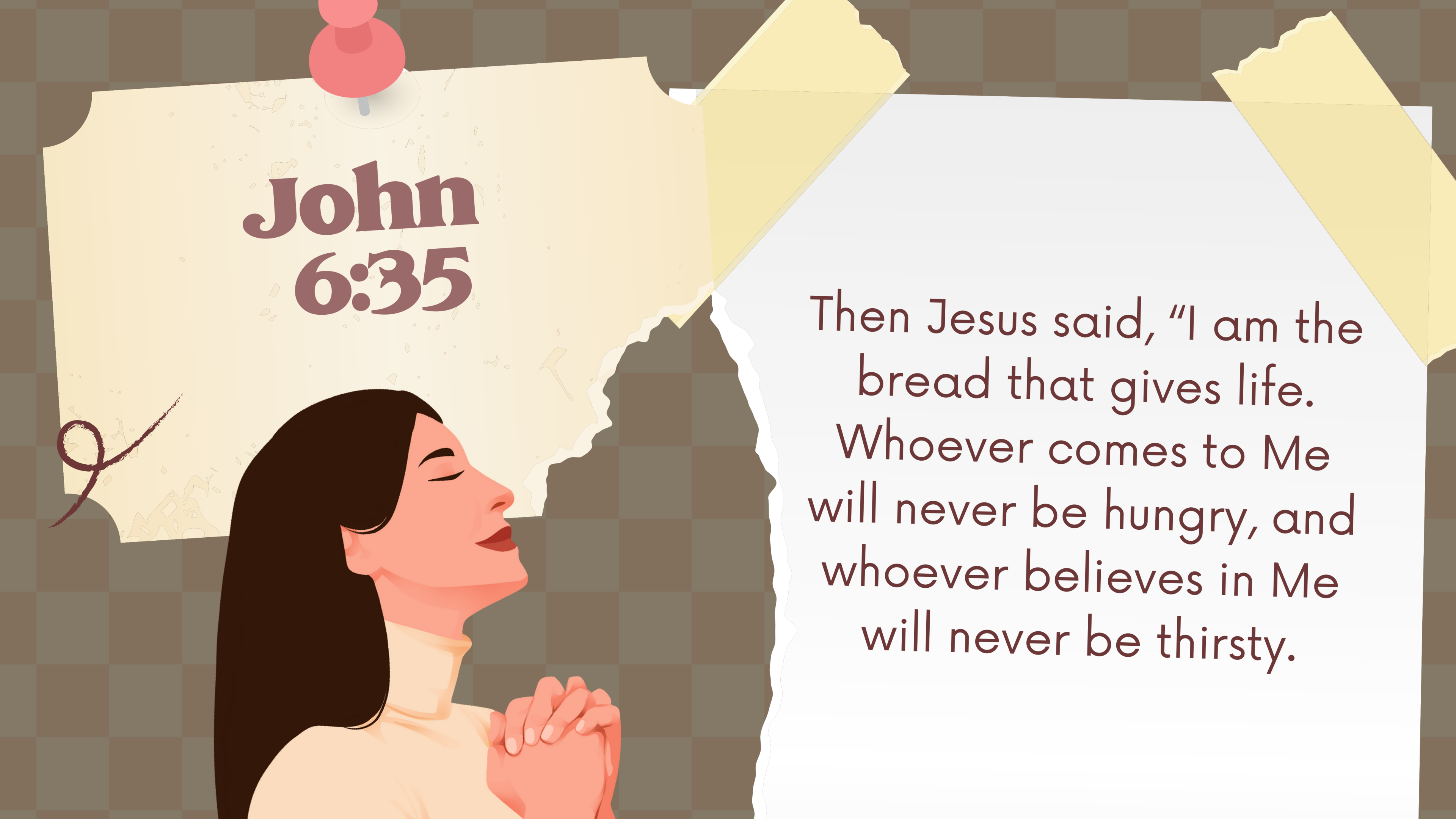


John 6:48-51

I am the Bread of Life
[the Living Bread which
gives and sustains life].
Your fathers ate the
manna in the wilderness,
and they died. This is the
Bread that comes down
out of heaven, so that
one may eat it and not
die.

I am the Living Bread that came down out of heaven. If anyone eats this Bread (believes in Me, accepts Me as Savior), he will live forever. And the Bread that I will give for the life of the world is My flesh (body)."





John 6:35

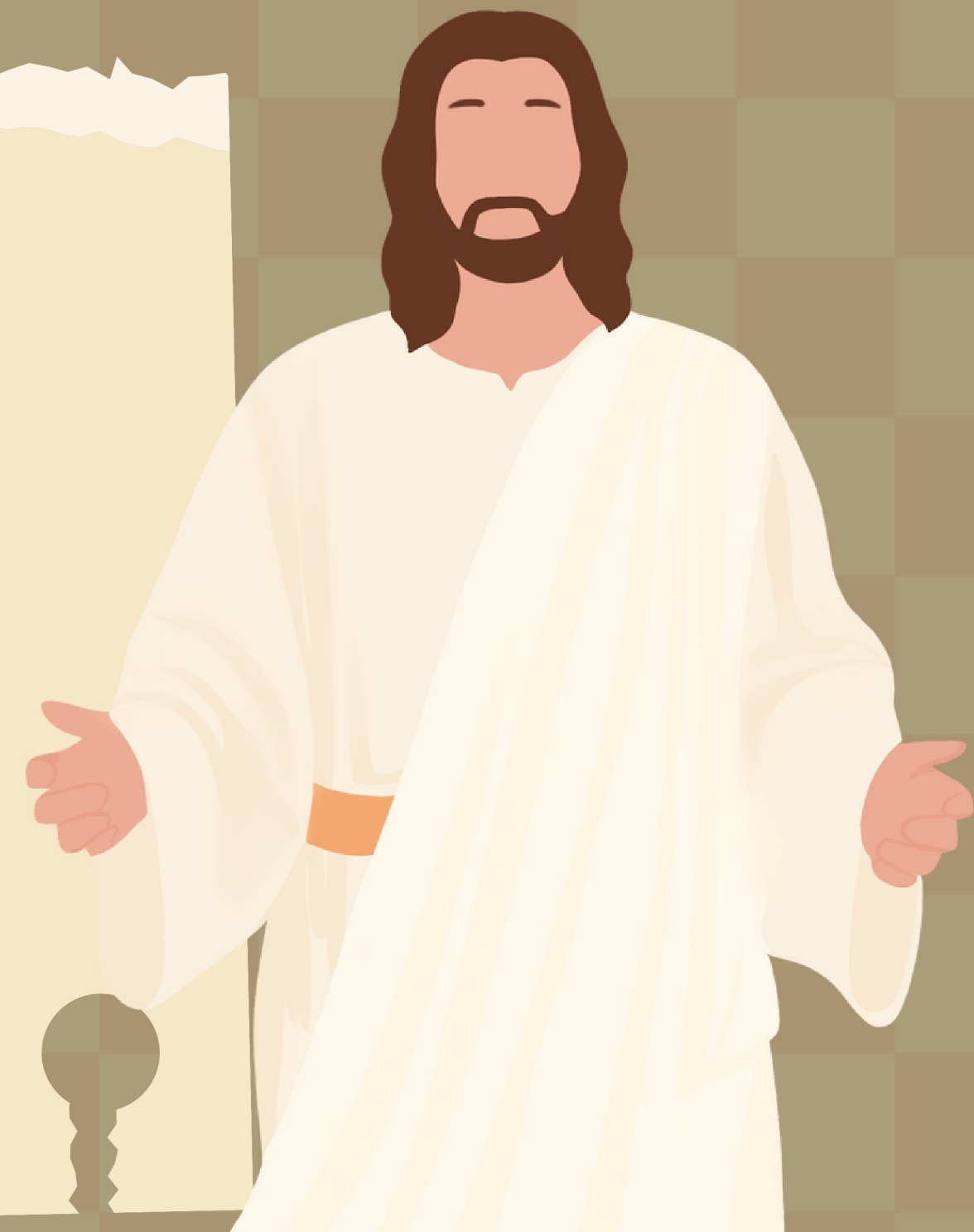
Then Jesus said, "I am the
bread that gives life.
Whoever comes to Me
will never be hungry, and
whoever believes in Me
will never be thirsty."

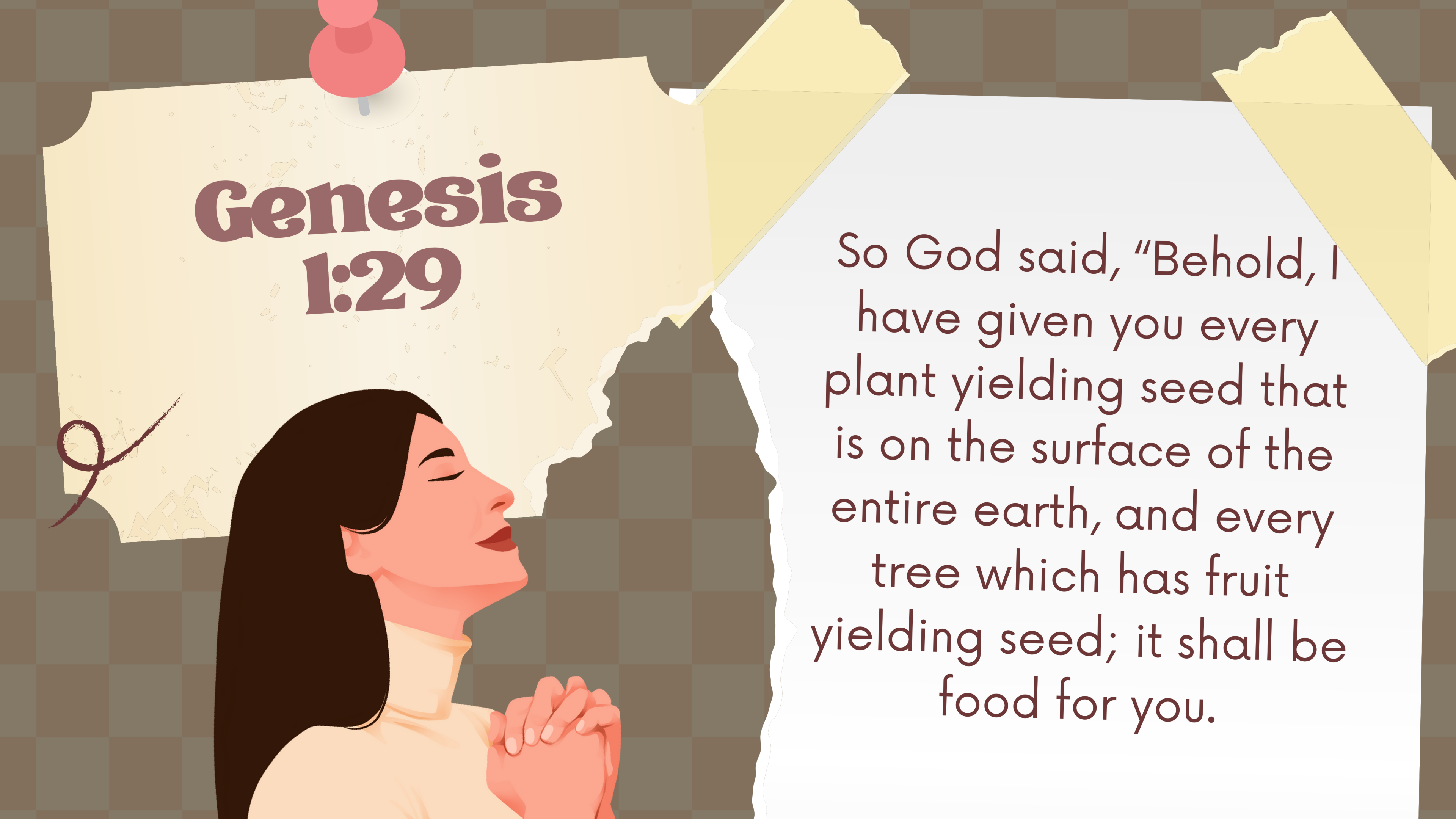


Genesis 2:16-17

But the Lord God warned him, "You may freely eat the fruit of every tree in the garden except the tree of the knowledge of good and evil. If you eat its fruit, you are sure to die."

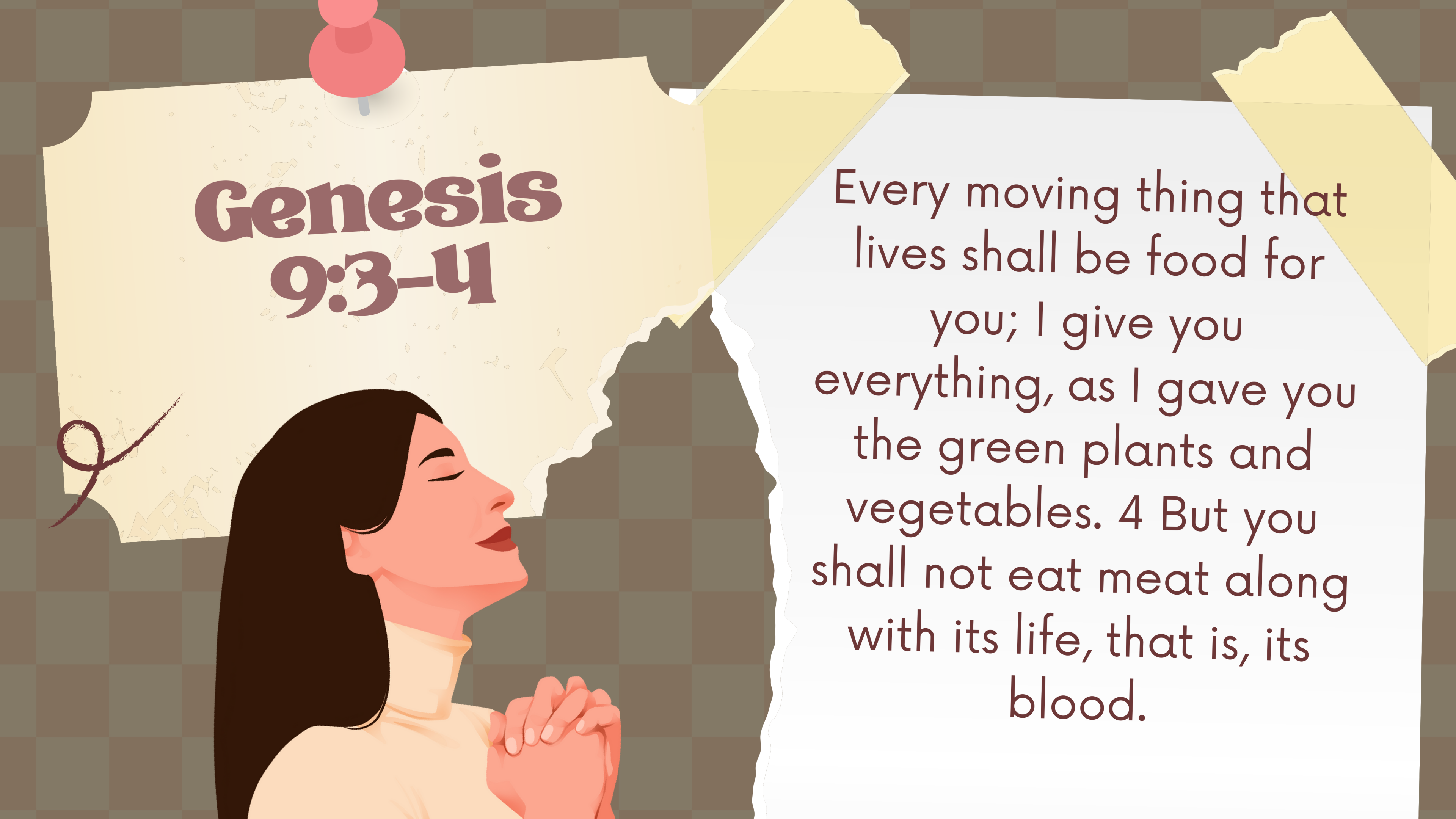
**We Can Eat Any Food We
Choose, But Some Foods Help
Us While Others Harm Us.**





Genesis 1:29

So God said, "Behold, I have given you every plant yielding seed that is on the surface of the entire earth, and every tree which has fruit yielding seed; it shall be food for you.



Genesis 9:3-4

Every moving thing that
lives shall be food for
you; I give you
everything, as I gave you
the green plants and
vegetables. 4 But you
shall not eat meat along
with its life, that is, its
blood.

**Our nutrition has a direct
impact on our appearance,
health, and wisdom.**





Daniel

1:8

Daniel made up his mind not to harm himself by eating the king's rich food and drinking the king's wine. So he asked the chief-of-staff for permission not to harm himself in this way.

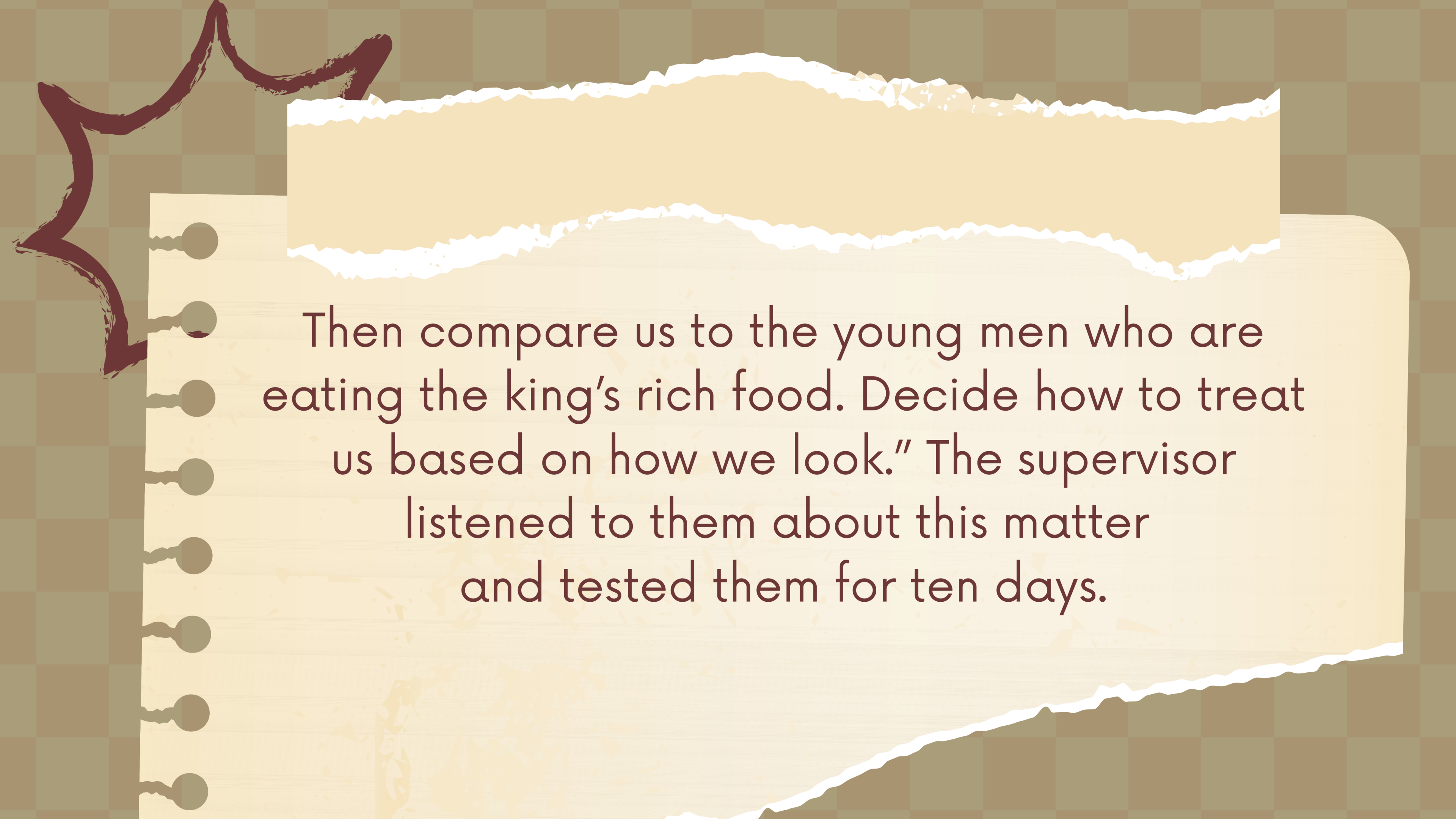


Daniel

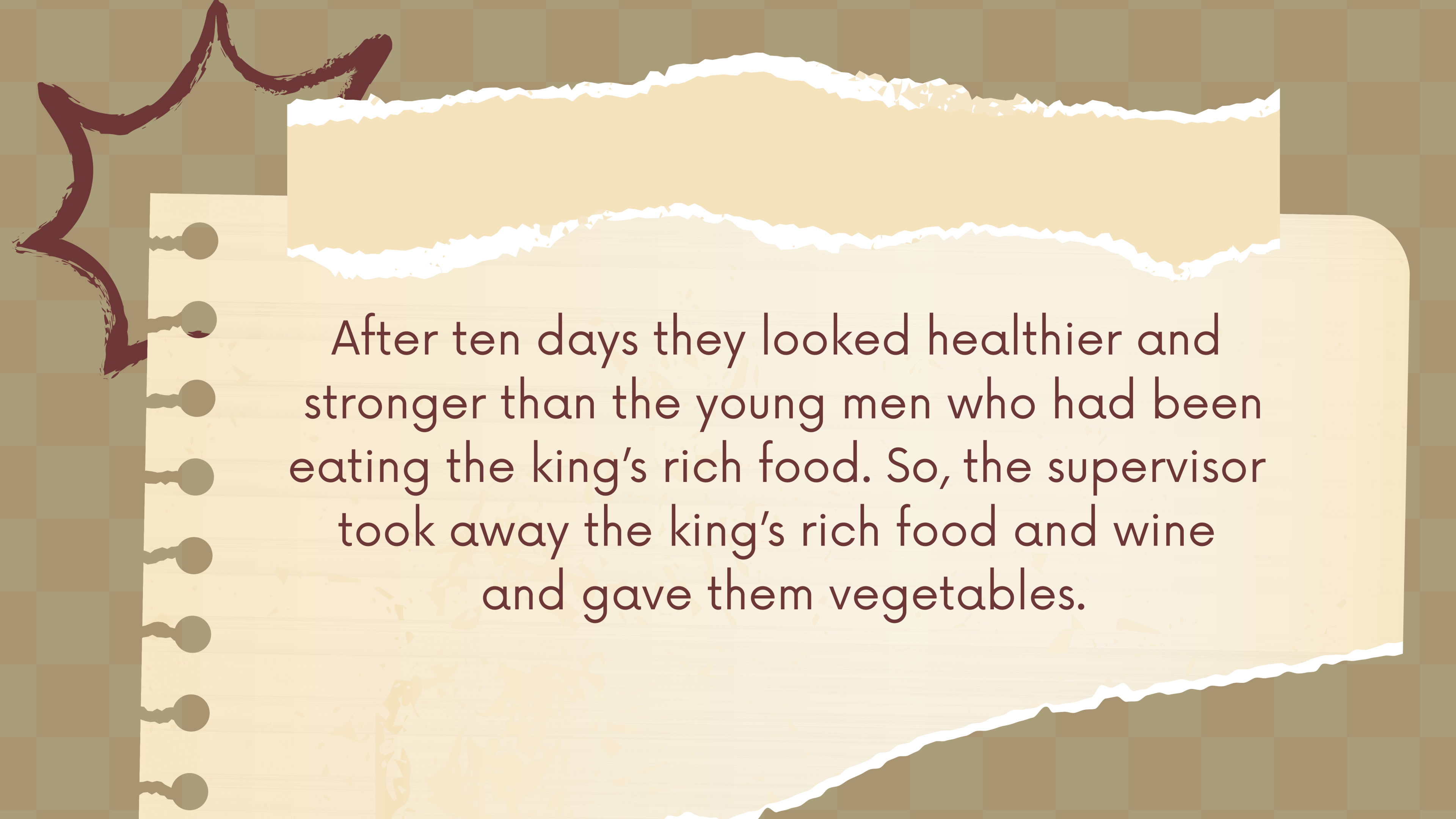
1:11-16

The chief-of-staff put a supervisor in charge of Daniel, Hananiah, Mishael, and Azariah.

Daniel said to the supervisor, "Please test us for ten days. Give us only vegetables to eat and water to drink."



Then compare us to the young men who are eating the king's rich food. Decide how to treat us based on how we look." The supervisor listened to them about this matter and tested them for ten days.



After ten days they looked healthier and stronger than the young men who had been eating the king's rich food. So, the supervisor took away the king's rich food and wine and gave them vegetables.

We do not have a "free pass" to eat anything and everything, physically or spiritually.



An illustration on the left side of the image shows a pair of hands clasped together in a prayer position. The hands are rendered in shades of orange and red. Above the hands are two white, hand-drawn style sparkles. Below the hands, there are some abstract, layered shapes in shades of yellow and green, also with sparkles. The background on the left is a dark brown and grey checkerboard pattern. On the right, there is a large, irregular, torn-edge shape in a light beige color, which serves as a background for the text.

1 Corinthians

6:12

All things are lawful for me,
but all things are not helpful.
All things are lawful for me,
but I will not be brought under
the power of any.



Romans 14:14

I know and am persuaded in the Lord Jesus that nothing is unclean. Still, to someone who considers a thing to be unclean, to that one it is not clean.

Romans 14:21

It is good neither to eat meat
nor drink wine nor do anything
by which your brother stumbles
or is offended or is made weak.



**What
About the
Soul?**

James 8:13-15

Let no one say when he is tempted, "I am being tempted by God" [for temptation does not originate from God, but from our own flaws]; for God cannot be tempted by [what is] evil, and He Himself tempts no one. But each one is tempted when he is dragged away, enticed, and baited [to commit sin] by his own [worldly] desire (lust, passion). Then when the illicit desire has conceived, it gives birth to sin; and when sin has run its course, it gives birth to death.

Food for our soul is essentially
what we watch, listen to, read, or
discuss.



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II Timothy 1:6-7

Therefore, I remind you to rekindle the gift of God that is in you through the laying on of my hands. For God has not given us a spirit of fear, but one of power, love, and sound judgment.

God Presence Will Restore Us.
He Is the Healer.



Matthew 11:28-30

Are you weary, carrying a heavy burden? Come to me. I will refresh your life, for I am your oasis.

Simply join your life with mine. Learn my ways and you'll discover that I'm gentle, humble, easy to please. You will find refreshment and rest in me. For all that I require of you will be pleasant and easy to bear.



Philippians 4:8

Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.




Joshua 1:8

This book of instruction must not depart from your mouth; you are to meditate on it day and night so that you may carefully observe everything written in it. For then you will prosper and succeed in whatever you do.



Psalm 107:20



He sent His word and healed them,
and delivered them from their
destruction.


**FEEDING ON
JESUS BY
FAITH WILL:**

**Bring us eternal life.
Restore our souls.
Heal our physical bodies.**



**“What you eat
in private is
eventually
what you wear
in public.”**



An illustration on the left side of the slide shows a brown and tan checkered background. In the bottom left, there is a light orange woven basket. Inside the basket are two items: an orange pencil with a yellow eraser and a tall, thin orange stick of chalk. Above the chalk stick is a yellow thought bubble with a scalloped edge.

Bible Study Follow Up Chat Questions:

1. What was your greatest takeaway from today's lesson?
2. What does eating involve?
3. Why is it important to address each part of our being?
4. Why is it difficult to maintain a healthy body with an unhealthy soul?
5. How can Jesus be the "Bread of Life?"
6. We do not have a "free pass" to eat anything and everything, physically or spiritually. Explain.
7. How does one feed the soul?
8. We are what we eat. How so?