



**JOHN WESLEY AME ZION CHURCH, INC DBA FREEDOM TEMPLE**

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*Rev. Dr. Frances "Toni" Draper, Pastor*

**Food and Faith**

**Bible Study – October 22, 2019**

*Rev. Nicole D. Batey, Instructor*

*The thief does not come except to steal, and to kill, and to destroy.*

*I have come that they may have life, and that they may have it more abundantly. – John 10:10 NKJV*

**Abundant:** extremely plentiful; overflowing fullness

Recent studies have shown:

- For the first time in history, as many people are suffering from the result of too much food as malnutrition.
- Seven in ten Americans are overweight.
- Diabetes, heart disease, and other “lifestyle-based diseases” now kill more people than infectious diseases worldwide.
- The United States Dept. of Agriculture (USDA) recommends that half of every meal consist of fruits and vegetables. However the average American diet consists of only 12% fruits and vegetables.

**I.** What we do with our bodies sets the tone for everything else.

**II.** The Bible has a quite a bit to say about our bodies:

**A.** I Corinthians 6:12-20 NKJV

- a. Although we may be able to legally to do certain things, doesn't mean that they are beneficial to us.
- b. Your body is the temple of the Holy Spirit.
- c. We were bought with a price, therefore our bodies are not our own.

**III.** God expects us to be good stewards of our bodies.

**A.** Romans 12:1-2 Message Bible

*So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.*

**B.** I Corinthians 10:31 NKJV

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*“Where lives are changed, hurts are healed, hope is restored, and Jesus is Lord!”*

**IV.** Nutrition begins with the food we eat. Genesis 1:26-29 NKJV

**V.** Proper nutrition helps us to optimize our health.

**VI. To make any lasting health style changes, it's important to:**

- 1) first believe those changes are possible. Mark 9:23
- 2) Trust that God will give you the power to change. Psalm 37:5; Philippians 4:13; Romans 15:13

**VII. How God's power works:**

- 1) He uses His Word to change us.
- 2) He uses His Holy Spirit to change us.
- 3) He uses circumstances to change us.

**VIII. Change is a matter of choice.**

- 1) The biblical word for personal change is repentance.
- 2) We are not transformed by an act of our own will, but by repentance – seeing everything from God's perspective.

*Credits:*

*Faith and Food Curriculum by Reverend Darriel Harris*

*The Daniel Plan by Rick Warren, D. Min, Daniel Amen M.D., and Mark Hyman M.D.*