



*Choose Life Now*

A Christ-centered support and learning center to come along-side men and women who want to submit their bodies to Christ and develop a lifestyle of health.

## Week Eleven

### Let Food Be Food

*“Oh, taste and see that the Lord is good;  
Blessed is the man who trusts in Him!”*

*Psalm 34:8*

1. Think about the relationship between food and your emotions. Write about the emotional ties you may have about food.

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2. Have you experienced “emotional eating?” Do you use food for comfort? Write about the thoughts and experiences you’ve had.

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3. Do you link emotions such as love, joy and comfort with food?

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4. Think about how advertisers and their messages link food to emotions. What comes to mind?

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5. Why did God create food? And what priority does He want you to have it in for your life?

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6. God created food to nourish our body and for us to enjoy in that process. Can you make a declaration for yourself about how you will use food?

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7. When you think about the temple that God has entrusted to your care, how do you want to care for your body and use food for its highest purpose.

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8. When you plan and prepare your meals, can you think about the beauty and the pleasure God wants us to have as we nourish and care for our bodies? Write your thought.

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9. What can you start doing right now or within the next couple days to make this a reality in your life?

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Use the last page to write about your spirit, soul and body. Capture impressions, celebrations, revelations and other thoughts.

Remember, if you have any questions; please contact our support team at:

[support@faithdrivenlife.com](mailto:support@faithdrivenlife.com)



**SPIRIT** The reborn part of you that connects with the Spirit of God.

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**SOUL** Your intellect, emotions, personality and will.

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**BODY** Your physical being and the dwelling place of God's Holy Spirit.

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