

Key Objective:

Honour the Creator by honouring what He made.
Healthy eating leads to long term better health.

Introduction:

- There are many diets and fads, they come and go. This session is not about dieting or about a new fad but embracing a lifestyle of healthy eating
- Eating habits are a very personal thing and so challenging to speak about or address
- Many of us know something needs to change but we leave it until we have a crisis before implementing change.
- This session is an encouragement to change diet before a crisis.

Bible Talk:

*But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank. Therefore he asked the chief of the eunuchs to allow him not to defile himself. "Test your servants for ten days; let us be given vegetables to eat and water to drink. - **Daniel 1:8 - 12 ESV***

At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food.

- **Daniel 1:15**

- Daniel resolved not to defile himself with the king's food or wine
- He went against the trend and the culture of the day
- Eating healthy led to stronger, healthier lives

- Countless recent studies have shown that eating simple, fresh fruits and vegetables and drinking water is very good for our bodies

*So whether you eat or drink or whatever you do, do it all for the glory of God. - **1 Corinthians 10:31***

*"I have the right to do anything," you say---but not everything is beneficial. "I have the right to do anything"---but I will not be mastered by anything. - **1 Corinthians 6:12***

- You don't have to change your diet.
- No food is out of bounds but not all food is beneficial

Practical Steps:

- Cut out the processed stuff
- Don't drink empty calories - Sugared drinks
- Eat more fresh vegetables, eat the colours of the rainbow
- When eating protein, go for lean protein eg Turkey, Chicken or fish
- Before you put anything in your mouth ask this question - Will this help me or harm me, heal or hurt?
- Change one thing in your diet each month - not everything in one go

