



Good Health Is a Choice Learn How to Choose it

A Production of God's Healing Word
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Lesson Six Witnessing Through Health

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1. The Role of Faith in Eating Healthy Food

As a believer in Jesus Christ, and student of His Holy Word, you want to do all you can to live a life of holiness. That “all you can” part includes caring for your body, which belongs to God.

To be clear, you will not condemn yourself before God by eating McDonald's French Fries. That is not in the framework of discussion here at all. Rather, you want to do all you can to demonstrate your love to God by living a life of holiness.

When God issued His food law to Israel, He said the reason for observing these laws is to consecrate ourselves to holiness (Leviticus 11:44). Translated into modern English, that means eating healthy food should be a response to our faith. It arises naturally from our longing for obedience to God. It has nothing to do with the state of your soul..That is unless you knowingly violate your own conscience.

We are told to offer our bodies as living sacrifices to God (Romans 12:1-2), and for good reason. Our bodies were purchased at great price by God (I Corinthians 6:20). As we grow in faith and knowledge of God, we begin to realize the importance of the food we eat. Is what we eat healthy or no. If not, why then do we continue to eat these harmful foods. These questions eventually come to all searching for a more excellent way. How we respond to those questions has to do with our growing in faith.

2. Church Fellowship Meals

Chocolate cake and glazed doughnuts with coffee or pork BBQ and potato salad at your church's covered-dish supper may be comforting and scrumptious, but not generally considered healthy eating.

With fast food so easily available, rather than take time to prepare a dish with whole, fresh food, more and more people are buying and bringing fast food to Church potlucks.

These purchased dishes and drinks are laden with unhealthy food additives like MSG, Trans fat, Sodium Nitrites, artificial sweeteners, and the like. It's not that our fellow sisters and brothers in the Lord don't care, they just don't know. And that presents a problem for those who do know.

Once you have determined to honor God in body through eating healthy food, what do you do in the food line at Church? The best choice may be to only eat what you prepared for the potluck. Potlucks can be tough.

This highlights the need and offers opportunity to discuss the role of faith in the foods we eat and why. But wait...Not so quick. While your neighbor seated next to you at the table is chowing down on a slice of Pizza Hut Pizza, he or she may not appreciate your words of wisdom. They are too absorbed in enjoying themselves and other discussions heard round the room.

A better way is to prepare and present your own choice of dishes on the food table. Home-made dishes stand out and are always a hit in today's fast food world, so why not start there to educate your Church family about eating as an act of faith.

As people in the room begin to brag on your home-made dish, you will have their ear.

Here's a tip: You could make up a small placard with the recipe's name, and include a brief explanation of what makes your dish so healthy and place it next to your dish. People like that.

The point of this section is that many Church potlucks end up being a fast food nightmare. These events highlight a major problem and the need to warn and educate our brethren.

3. Sharing Your faith Through Eating Healthy Food

1. Conduct a twelve-week program of cooking class in your Church that focuses on healthy food preparation methods, food selection and new recipes. If your Church has a kitchen, conduct your classes there.
 - a. Students should pay a small fee to cover food expenses.
 - b. Begin each class with prayer with emphasis on thanking God for his provision of providing us whole, fresh food.
 - c. Handout course material from Health is a Choice and use portions of that course material to teach. For instance: how to read food labels, or the importance of eating whole fresh food.
 - d. Each week prepare a dish. Take time to explain why students should avoid certain food ingredients. (I.e. Ingredients which contain MSG) when preparing meals.
 - e. Stress the importance of buying locally produced beef, poultry, eggs, fruits and vegetables and why. Make a list of local farmer markets and provide it to students.
 - f. Involve students with preparation and cooking in class. Also encourage them to prepare and cook meals at home.
 - g. Take a field trip to a grocery store and tour the aisles. Show students why not to believe what the front of processed food packages claim. Have them read the Food Ingredient Label of processed foods and Nutrition Facts Label to learn the truth.
 - h. Teach students the difference between conventional and certified organic food, and why they should strive to buy organic when given a choice.
 - i. Ask them to prepare and bring only whole, fresh food dishes to Church fellowship meals, and to display a placard for their dish.

2. Ask your Pastor, Minister or Priest to give a sermon on the importance of honoring God through the kinds of food we eat.
3. Ask to meet with Church Elders, Church Board, etc., to address the topic of eating as a sacrifice to God. You may also be required to meet with Church leaders to get them on board for the need to conduct a Health is a Choice cooking class.
4. Use every appropriate opportunity to discuss the role your faith plays in the kinds of food you eat with individual Church members and leaders.
5. Makes copies of “Healthy Grocery Shopping Tips,” the “Miracle of Food,” and “What Does The Bible Teach About Clean and Unclean Meats.” Make copies of these papers available as handouts in the Church Foyer. Make sure to get permission ahead of time.

The Bottom line is you are God’s child. You have a voice with which to share your faith. This is how we grow and mature in the Lord, both individually and together as a body of the Lord (Church). Use your voice in Church to plant the seed that faith plays a role in the kinds of food we allow ourselves to eat.