

## INTRODUCTION

- \* In the beginning, God created. ... in an orderly fashion. He created the heavens and the earth. He created light. He created the atmosphere. He created the seas and the lands. He created vegetation. He created the sun, moon and stars. He created the fish and the fowl. He created the land creatures. He created man.
- \* Consider Genesis 1:26-31. When God created humans, He created them in His image and likeness, to have dominion over the rest of creation. He created them to be fruitful and multiply. He also created them with a need to consume "food" to provide nutrients to their bodies. So, before God created animal life or human life, He created vegetation to be for food for mankind.
- \* Food is a blessing of God. It is not evil. Yet ... it can be and has been used for evil. At the beginning, Satan tempted Eve with food. It was good-looking, would taste good, and was the first "SuperFood!" ... it would give you wisdom to become like God! (\*The food industry bestows the superfood label on nutrient-rich foods with a supposed capacity to positively affect health. Though many foods could be described as super, it's important to understand that there is no single food that holds the key to good health or disease prevention. ... <https://www.healthline.com/nutrition/true-superfoods> \*)

## INSTRUCTION

### I. THE IMPORTANCE OF S \_\_\_\_\_

#### A. Because of Our W \_\_\_\_\_

1. PROVERBS 28:21; PROVERBS 27:7
2. PROVERBS 25:27-28
3. PROVERBS 23:19-21; PROVERBS 28:7
4. PROVERBS 23:29-35

#### B. Because of Its A \_\_\_\_\_

1. PROVERBS 23:1-3; PROVERBS 23:6-8
2. PROVERBS 21:17

### II. THE IMPORTANCE OF C \_\_\_\_\_

#### A. Satisfied with the P \_\_\_\_\_ of God

1. PROVERBS 25:16; PROVERBS 24:13-14; PROVERBS 13:25; ECCLESIASTES 10:17
2. PROVERBS 30:7-9; PHILIPPIANS 4:10-14; PROVERBS 17:1
3. DANIEL 1:8-20

#### B. Satisfied with the P \_\_\_\_\_ of God

1. MATTHEW 6:31-33
2. PROVERBS 9:1-6; EPHESIANS 5:17-18; PROVERBS 15:16-17
2. JOHN 6:26-27, 32-35, 47-58; MATTHEW 5:6

## INTROSPECTION

- \* HOW DO YOU VIEW FOOD AND DRINK?
- \* DO YOU CONSIDER PHYSICAL FOOD AS A GIFT FROM GOD TO SUSTAIN YOUR BODY?
- \* WHICH IS OF GREATER PRIORITY IN YOUR LIFE - BASED UPON YOUR SCHEDULE, ETC ... SPIRITUAL NOURISHMENT OR PHYSICAL NOURISHMENT?
- \* IS THERE A NEED TO CHANGE THE WAY YOU THINK ... AND, THEREFORE, THE WAY YOU ACT?

## INTERACTION ... Thoughts & Questions to ponder for later discussion

- \* Read 1 Corinthians 8 & 10. What does these chapters have to say regarding our relationship to food?