

## Foodology: God Weighs In

Body for God Part 2 of 5  
January 27-28, 2007

**“...Honor God with your body.”**  
1 Corinthians 6:20 (NIV)

Eating healthy and exercising is a way to

1. \_\_\_\_\_ God.

**“Therefore, I urge you, brothers, in view of God’s mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship.”**  
Romans 12:1

**“Easy street is a dead-end street. Those who live there make their bellies their gods; belches are their praise; all they can think of is their appetites.”**  
Philippians 3:19 (Message)

2. Grow in \_\_\_\_\_.

Jesus: **“Go and make disciples of all nations...”** Matthew 28:19

Paul: **“I discipline my body like an athlete, training it to do what it should.”**  
1 Corinthians 9:27 (NLT)

Why don’t we care for our bodies?

• We don’t realize its \_\_\_\_\_.

**“...Let people see God in and through your body.”**  
1 Corinthians 6:20 (Message)

• We lack the \_\_\_\_\_ we need.

**“My people are destroyed for lack of knowledge...”**  
Hosea 4:6

How you Glorify God in your eating

1. Have balance and \_\_\_\_\_.

**“Moderation is better than muscle, self-control better than political power.”**  
Proverbs 16:32 (Message)

**“Let your moderation be known unto all men...”**  
Philippians 4:5 (KJV)

**“Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.”**  
Proverbs 23:20-21 (NIV)

**“You eat, but never have enough. You drink, but never have your fill.”**  
Haggai 1:6

**“But the fruit of the Spirit is...self-control.”** Galatians 5:22-23

2. Don’t live in \_\_\_\_\_.

**“So don’t put up with anyone pressuring you in details of diet..they are of no value in checking self-indulgence.”** Colossians 2 (Message/NRSV)

How to be a good rule breaker:

• Drink \_\_\_\_\_.

• If it smells good, \_\_\_\_\_.

• Eat \_\_\_\_\_.

• \_\_\_\_\_ your food.

• Eat \_\_\_\_\_ food.

• When you cheat, \_\_\_\_\_.

3. Don’t let \_\_\_\_\_ motivate you.

**“The steadfast love of the LORD never ceases, his mercies never come to an end; they are new every morning...”** Lamentations 3:22-23 (NRSV)

4. Eat \_\_\_\_\_ foods.

**“Jesus refused. ‘First things first. Your business is life, not death. Follow me. Pursue life.’”** Matthew 8:22 (Message)

**“You may say, ‘I am allowed to do anything.’ But I reply, ‘Not everything is good for you.’”** 1 Corinthians 6:12 (NLT)

**“For the Lord satisfies the thirsty and fills the hungry with good things.”** Psalm 107:9

How you Glorify God in your exercise

**“Workouts in the gymnasium are useful, but a disciplined life in God is far more so, making you fit both today and forever.”**

1 Timothy 4:8 (Message)

**“...I hope that you are as strong in body, as I know you are in spirit.”** 3 John 2 (C.E.V.)

A formula for staying F.I.T.T.E. (pronounced “Fit”)

F - Frequency    I - Intensity    T - Type    T - Time    E - Enjoy