

Healthy Eating



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Using This Journal

This companion journal will help you to get quiet and allow you to reflect on how the Holy Spirit is speaking to you.

This journal will become a valuable keepsake reminding you of how God is with you and directing you in your health journey.

After you read the daily devotions on the daily topics, spend some time reviewing the scriptures and responding to the questions in the reflection section. Then take some time and write out your own prayers on the topic based on how the Holy Spirit is speaking to you.

The 12 Pillars of Healthy Eating

Scripture Reflection

“So, whether you eat or drink, or whatever you do, do all to the glory of God.” 1 Corinthians 10:31

Scripture Study

Colossians 3:17

1 Corinthians 6:13

Reflect

1. How can you 'eat to the glory of God?' How can you make that a reality in your life?

2. Instead of asking, “What should you eat?” A better question is, “Why aren't you eating the foods that you know are healthy and beneficial?” How would you answer that question?

3. As you choose a pillar to focus on this month, reflect on how it falls in line with your word for the year? Journal your insights.

My Prayer

Eating for Weight Release

Scripture Reflection

“Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we are imperishable. So I do not run aimlessly; I do not box as one beating the air. But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.” 1 Corinthians 9:24-27

Scripture Study

Galatians 5:24

Romans 6:12

Reflect

1. Which of the 3 challenges will have the biggest impact on helping you to achieve your health goal?

2. What adjustments will you have to make in your life to achieve this goal?

3. Journal what fears arise as you think about practicing this habit. Pray about it and release it to God.

4. Paul says, *"But I discipline my body and keep it under control."* How does this apply to your health journey?

My Prayer

Eating Within Your Boundaries - Challenge 1

Scripture Reflection

“Everything is permissible for me, but not all things are beneficial. Everything is permissible for me, but I will not be enslaved by anything [and brought under its power, allowing it to control me]. Food is for the stomach and the stomach for food, but God will do away with both of them.” 1 Corinthians 6:12 AMP

Scripture Study

Romans 6:12

Galatians 5:24

Reflect

1. How diligent have you been about tracking your caloric intake in the past? What takes you off track sometimes?

2. Why is it important to know how much food you're consuming each day?

3. What foods continually cause you to overeat in your caloric requirements?

My Prayer

Carbohydrates: Friend or Foe? - Challenge 2

Scripture Reflection

"Take wheat and barley, beans and lentils, millet and spelt; put them in a storage jar and use them to make bread for yourself. You are to eat it during the 390 days you lie on your side." Ezekiel 4:9

Scripture Study

Daniel 1:12-14

Genesis 1:19

Reflect

1. What is your recommended daily allowance of carbohydrates?

2. What are some healthier alternatives to carbohydrates that you will add to your meal plan next week?

3. Review some of your carbohydrate sources and educate yourself on portion sizes. For example, know how many carbohydrates one banana contains.

My Prayer

Fasting for Breakthrough - Challenge 3

Scripture Reflection

“Is not this the fast that I choose: to loose the bonds of wickedness, to undo the straps of the yoke, to let the oppressed go free, and to break every yoke?” Isaiah 58:6

Scripture Study

Romans 14:3 ESV

Matthew 6:16-18 ESV

Reflect

1. In addition to food strongholds, what are some yokes that you believe spiritual fasting can break?

2. How will you either add fasting to your lifestyle or improve your adherence to your current fasting program?

3. The purposes and benefits of both spiritual and nutritional fasting are both essential in your health and weight releasing program. How will you be mindful to make sure that you are not using spiritual fasting to lose weight?

My Prayer

Week 1 Summary

Scripture Reference

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18 ESV

1. Recap

Review the WLGW Pillars of Healthy Eating and the eating for weight release. Which new habit will you be practicing this month?

2. Reflect

Journal what the Holy Spirit is showing you so far. How will this new habit help you align with your word for the year?

3. Pray

Commit your week to the Lord. Rest in Him and allow Him to give you the spirit of self-control and discipline.

Establishing Food Boundaries - Your 21-Day Challenge

Scripture Reflection

“Everything is permissible for me, but not all things are beneficial. Everything is permissible for me, but I will not be enslaved by anything [and brought under its power, allowing it to control me]. Food is for the stomach and the stomach for food, but God will do away with both of them.” 1 Corinthians 6:12 AMP

Scripture Study

1 Corinthians 6:19-20

Galatians 5:22-24

Reflect

1. How has food been controlling you up to this point?

2. What does Paul mean “*Food is for the stomach and the stomach for food?*”

3. How will you feel when food no longer controls you?

My Prayer

What You're Really Craving?

Scripture Reflection

“Jesus said to them, ‘I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst.’” John 6:35

Scripture Study

Matthew 15:11

Acts 10:14-15

1 Timothy 4:8

Reflect

1. How are you still relying on the right meal plan to help you achieve your goal instead of fully submitting this journey to God? Are you willing to fully let go?

2. What are some of your physical cravings and do they tell you what you're really craving?

3. Study John 6:35? Why is Jesus called the bread of life?

My Prayer

The Importance of Protein

Scripture Reflection

“Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.” Genesis 9:3

Scripture Study

Deuteronomy 14:3-7

Romans 14:20-22

Reflect

1. Based on MyFitnessPal or another tool you're using, what is your daily recommended allowance of protein ?

2. If you need to increase your consumption, what are some options that you will try?

3. Review some of your protein sources and educate yourself on portion sizes. What are some options you will be willing to try for breakfast, lunch, and dinner?

My Prayer

Moderate or Eliminate?

Scripture Reflection

“But put on the Lord Jesus Christ, and make no provision for the flesh, to gratify its desires.” Romans 13:14

Scripture Study

Ephesians 5:18

Galatians 5:16

Reflect

1. What situations trigger you to overeat?

2. What happens to us spiritually as we give-in to our flesh?

3. When was the last time you lost control after consuming a trigger food?
What were the effects?

4. How can you practically 'put on' the Lord Jesus Christ? Romans 13:14

My Prayer

Mindful Eating

Scripture Reflection

"The mind governed by the flesh is death, but the mind governed by the Spirit is life and peace." Romans 8:6

Scripture Study

Romans 12:1

Hebrews 12:2 NLT

Reflect

1. If you gave yourself one point from every suggestion above from 1-10, how would you rate your mindfulness?

2. What adjustments will you incorporate into your life to help with mindful eating?

3. What does 1 Peter 5:8 and Matthew 15:11 teach you about mindful eating?

My Prayer

The Three Thieves - Sugar, Fat, and Salt

Scripture Reflection

*“It is not good to eat much honey, nor is it glorious to seek one's own glory.”
Proverbs 25:27*

Scripture Study

Proverbs 25:28

Philippians 3:19

Reflect

1. Reflect on Solomon's simple statement that it is not good to eat too much honey. What effects does sugar have on your body specifically?

2. What effects does excess salt have on your body? What effects does unhealthy fat have on your body?

3. Refer to MFP or whatever tracking app you use to determine how much sugar, fat, and salt you currently consume? How much should you be consuming?

My Prayer

Week 2 Summary

Scripture Reference

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18 ESV

1. Recap

What new concepts or principles did you learn about healthy eating?

2. Reflect

Journal what the Holy Spirit is showing you this week? How many days did you practice your healthy eating habit?

3. Pray

Commit your week to the Lord. Rest in Him and continue to take it one day at a time. Don't worry about what you will eat tomorrow, focus on eating healthy today.

4. Plan

Have you planned out your week?

Should I Snack?

Scripture Reflection

“No temptation has overtaken you that is not common to man. God is faithful, and he will not let you be tempted beyond your ability, but with the temptation he will also provide the way of escape, that you may be able to endure it.” 1 Corinthians 10:13

Scripture Study

Philippians 3:19

Galatians 5:22-23

Reflect

1. Calculate how many additional calories you consume each day in snacks? Do they sabotage your efforts?

2. Why do you find yourself snacking? Is it boredom, loneliness, habit? Journal some of the reasons you snack?

3. What time of the day do you 'feel' you need a snack? Is there something you can do instead?

4. What are some healthy alternatives to your favorite unhealthy snack foods?

My Prayer

Meal Planning

Scripture Reflection

“Suppose one of you wants to build a tower. Won’t you first sit down and estimate the cost to see if you have enough money to complete it?” Luke

14:28

Scripture Study

Proverbs 16:3

Proverbs 21:5

Reflect

1. What keeps you from meal planning? Is it intimidating or overwhelming?

2. How can you arrange your schedule to cook several meals or make extra portions of a meal?

3. Brainstorm a list of simple meals that you can simply double or triple batch.

My Prayer

Listening to Your Body

Scripture Reflection

"I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well." Psalms 139:14

Scripture Study

Deuteronomy 30:19-20

Jeremiah 29:11

Reflect

1. What does it mean that we are fearfully and wonderfully made? Do you truly believe it?

2. How do you treat your body like it's fearfully and wonderfully made?

3. What do you think your body is telling you most of the time?

4. How can you speak to your body in a way that is in line with the Word of God?

My Prayer

Food Addiction or Gluttony

Scripture Reflection

“You say, ‘I am allowed to do anything’—but not everything is good for you. And even though ‘I am allowed to do anything,’ I must not become a slave to anything.” 1 Corinthians 6:12 NLT

Scripture Study

Romans 7:15

1 Corinthians 10:13-14

Reflect

1. When it comes to food, does your public and private life line up? In other words, do you eat differently in private when no one is looking?

2. Do you try to justify your food choices so you can still have what you want?

3. Do you judge what others are eating but in secret you eat the things you know you shouldn't eat?

My Prayer

Overcoming Food Temptations

Scripture Reflection

“Just before His arrest, Jesus was in the Garden of Gethsemane, and He said to His disciples, ‘Watch and pray so that you will not fall into temptation. The spirit is willing, but the flesh is weak.’” Matthew 26:41

Scripture Study

Proverbs 22:3

Romans 7:15

Reflect

1. What keeps you from watching and praying about your eating boundaries? Turn it over to God right now in prayer.

2. What do you need to be most watchful of?

3. Write out a prayer to God letting Him know you.

My Prayer

The Body's Cries for Water

Scripture Reflection

“But whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.” John 4:14

Scripture Study

1 John 5:6

Ezekiel 36:25

Reflect

1. How much water do you currently drink? How much should you be drinking?

2. What comparisons can you make with spiritual water and drinking water?

3. What comparisons can you make with spiritual water and drinking water?

My Prayer

Week 3 Summary

Scripture Reference

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18 ESV

1. Recap

What did you learn about your body and how it relates to food?

2. Reflect

Journal what the Holy Spirit is showing you so far. How many days did you practice your habit?

3. Pray

Commit your week to the Lord. Thank Him for bringing you through the past week and preparing you for the final week.

4. Plan

How many days have you practiced your habit(s)? What adjustments do you need to make? Have you planned out your week?

Staying Full

Scripture Reflection

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

Scripture Study

Psalm 119:103

Psalm 103:5

Reflect

1. What are some indications that you're running on low fuel both physically and spiritually?

2. Have you ever confused spiritual and physical hunger? How can you tell the difference?

3. What happens when you try to fill spiritual hunger with food?

4. How does being in the Word refuel you?

My Prayer

My Food is My Food

Scripture Reflection

“Please test your servants for ten days. Let us be given only vegetables to eat and water to drink. Then compare our appearances with those of the young men who are eating the royal food, and deal with your servants according to what you see.”... Daniel 1:12-13

Scripture Study

Deuteronomy 8:3

Psalm 105:40

Reflect

1. What foods allow you to perform at your best? Energize and vitalize you?

2. Why did Daniel refuse to eat the king's food?

3. How was he able to maintain his strength and energy despite the 'meagre' diet?

4. Do you have any resentment about what you can and cannot eat? Turn it over to God in prayer today.

My Prayer

I Deserve a Treat

Scripture Reflection

“Have this mind among yourselves, which is yours in Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men. And being found in human form, he humbled himself by becoming obedient to the point of death, even death on a cross.” Philippians 2:5-8

Scripture Study

1 Peter 1:14-16

Philippians 4:11

Reflect

1. What do you do that makes you feel worthy and deserving of a treat?

2. How does Philippians 2:5-8 teach us that humility is important to help us overcome our sense of entitlement?

3. How is God's standard for fairness different from the world's standards?

4. What will you do the next time you feel that you deserve a treat or something outside of your boundaries?

My Prayer

Food Lies

Scripture Reflection

"Then you will know the truth, and the truth will set you free." John 8:32

Scripture Study

Proverbs 13:12

2 Corinthians 10:5b

Reflect

1. What are some lies you tell yourself about food?

2. What are some lies from the food industry?

3. What truth(s) about your health journey are you unwilling to face and need the Lord's strength?

4. Share one area of your weight loss journey that you've been continually lying to yourself about, i.e. Do you keep telling yourself that you can do it on your own? Or that you have eaten certain foods in moderation? What is the truth about the situation? Get clear and honest about the real truth and spend some time journaling about it.

My Prayer

I've Got Food on My Mind

Scripture Reflection

"We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ." 2 Corinthians 10:5

Scripture Study

Proverbs 4:24-31

Hebrews 3:1

Reflect

1. How do you put yourself into compromising situations that make it difficult to maintain your boundaries?

2. When do you find yourself thinking, obsessing about food? When you're tired? Frustrated? Lonely? What can you do instead?

3. Referring back to last month's lesson on 'letting go,' as you begin to engage in an unhealthy romance with food, practice AAP. Accept that that the thought has come into your mind without judgment. Acknowledge that it was because you're feeling stressed, or whatever the circumstance was, and stand in the truth that God is bigger than all your cravings; He will sustain you and give you what you need.

My Prayer

Grateful Eating

Scripture Reflection

“For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.” 1 Timothy 4:4-5

Scripture Study

Matthew 14:19

Acts 27:35

Reflect

1. How can your mealtime prayers change your perspective on what and how you eat?

2. At your next meal, reflect on all the people that it took to get your meal to the table and give thanks for them all. Delivery drivers, produce pickers, store clerks, etc.

3. As you eat a meal today, take some time and engage all of your senses. Pay attention to the smells, the texture of the food, the taste, the crunch, and give God thanks for it all. Thank Him for your tastebuds, your sight, your sense of smell, and for the ability to experience them all.

My Prayer

Week 4 Summary

Scripture Reference

"Give thanks in all circumstances; for this is the will of God in Christ Jesus for you." 1 Thessalonians 5:18 ESV

Congratulations on Completing the Healthy Eating Course!!

1. Recap

To wrap up, refer to the month-end checklist paying attention to the following:

1. Record your starting weight and ending weight.

2. How many days did you practice your healthy eating habit? Is there room for growth? What will you do next week to feel more accomplished?

3. What were some of your successes?

4. What were some of your challenges?

2. Reflect

What did the Holy Spirit reveal to you this week and during this entire month? Reflect on your word and verse for the year. How was it manifested this month ?

3. Pray

Thank God for what He has shown you and commit the coming month to Him. Ask Him to help you commit to the practice of healthy eating.
