

Women & More
A 'call' and 'walk' Experience

Food...For Thought

Worksheet 12: **November 19, 2015**—*stewardship*

Other than gluttony, notice well that the “sin” of eating or not eating is in causing someone else to stumble or fall! Believers are to feed on—feast on—God’s delectable Word! Herein is our strength. In ancient days, and today, the Bible invites us to discover how to live a life that pleases God—even in our eating—and how to embrace His commandments for blessing others.

We can feed on fateless fancy,
or we can feast on sacred fuel!

“Tasting and eating are often used in the Bible to portray hearing and believing.”

—Hal Lindsey

Prepare by Soaking in Scripture:

Exodus 23:25a *“Worship the LORD your God, and his blessing will be on your food and water....”*

Psalm 107:9 (David)

Mark 7:18-19

Luke 10:8 (Jesus to disciples)

Romans 14:1-2 (and **read** verses 3-4)

1 Timothy 4:4-5

Scriptures to Memorize:

Psalm 127:2 *“In vain you rise early and stay up late, toiling for food to eat—for he grants sleep to those he loves.”* **And John 6:27** *“Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you.”*

Prayer Requests and Praises:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

Questions for Mentor-group Discussion:

1. Do you have allergic reactions to some foods, or a chronic condition which prohibits you from eating other foods, or are you counting anything—calories or bad cholesterol, etc.? In other words, in what way or ways are you mastered by what you do or do not eat?

Food...For Thought: In **1 Corinthians 6:12** Paul says, “‘Everything is permissible for me’—but not everything is beneficial. ‘Everything is permissible for me’—but **I will not be mastered by anything.**”

2. There’s a whole lot of eating that goes on in the Bible—Old and New Testaments. When you think of Scripture’s references to eating, which ones come to mind?
3. How important is it to you to stop and thank the Lord for the food you are about to eat? Are there times when you feel it is best to refrain from bowing and even silently giving the Almighty your gratitude?

Recommended Reading:

A very good chunk of *Romans 14 in the New Testament*
My Heart’s Cry, Anne Graham Lotz
You Are What You Eat, Gillian McKeith

Food Obsession and Preoccupation

► Eating Disorders (ED) and Food Disorders (FD)—a large number of women, in particular, suffer from insufficient or excessive food intake, not prompted by poverty or lack of access to food, but rather self-imposed!

- Anorexia Nervosa—(refusal to maintain a minimally healthy body weight)
- Bulimia Nervosa—(compulsive over-eating, and/or binge-eating what the individual considers to be too much food in a way that feels out of control—followed by self-induced vomiting or excessive exercise or both)

One web site offered a quiz made up of 22 statements to be rated: Often, Sometimes, Rarely or Never. Below are 8 selected as examples for this lesson:

- #2 : I cannot go through the day without worrying about what I will or will not eat.
- #7 : I have determined that there are certain ‘safe’ foods that are okay for me to eat, and ‘bad’ foods that I refuse to eat.
- #9 : I am afraid that no one would understand my fears about food and eating, so I keep these feelings to myself.
- #10 : I enjoy cooking gourmet meals and/or high calorie foods for others, but I would never eat them myself.
- #14 : I use laxatives or diuretics as a means of weight control.
- #17 : It’s very important that I am thinner than all my friends.
- #20 : I can spend hours reading books or magazines about dieting, exercising, fitness, or calorie counting.
- #22 : I tend to be a perfectionist; I am not satisfied unless things are perfect.

► Food Allergies (FA) source reported they could screen for 96 different foods, and estimate that true food allergies occur in 2.5% of the US population. They further explained that in severe cases, allergy sufferers could literally receive a ‘kiss of death’—and defined how ‘locking lips can kill’. A woman named Susan, who had suffered for years with pain in her gall bladder, said, “I found out that I was allergic to my liver, which helps the gall bladder function. I had it treated and have had only good news to report since then.” FYI: ALLERGY was defined as an exaggerated immune response to a substance that is harmless.

► Food Fetishes (FF)—compel sufferers to eat things like chalk, stones, and bits of wood. Help was offered from articles titled: “Obsessive Thoughts About Food,” “When Food Becomes an Enemy,” and “Food As Foe.”

Scripture Weighs in on *Eating* in a Big Way

(Room will not allow anything further than a few excerpts from the four Gospels and Romans —hundreds more references to food and eating throughout Scripture.)

- MATTHEW** 6:31 do not worry, saying, ‘What shall we **eat**?’ or ‘What shall we **drink**?’
 12:1 disciples were hungry and began to pick some heads of grain and **eat**
 14:16 “They do not need to go away. You give them something to **eat**.”
 15:2 (Pharisees of disciples): They don’t wash their hands before they **eat!**”
 15:27 “but even the dogs **eat** the crumbs that fall from their masters’ table.”
 26:26 gave it to his disciples, saying, “Take and **eat**; this is my body.”
- MARK** 2:16 (Pharisees of Jesus) “Why does he **eat** with tax collectors and ‘sinners’?
 3:20 (Because of the crowd) he and his disciples were not even able to **eat**.
 6:31 (Because of many peoples) and they did not even have a chance to **eat**,
 6:37 Are we to go and spend that much on bread and give to them to **eat**?”
 7:27 (Jesus to the Phoenician woman) “First let the children **eat** all they want.”
 8:1 since they had nothing to **eat**, Jesus called his disciples to him and
 11:14 Then he said to the tree, “May no one ever **eat** fruit from you again.”
- LUKE** 5:29 a large crowd of tax collectors and others were **eating** with them
 8:55 Then Jesus told them to give her something to **eat**.
 10:8 “When you enter a town and are welcomed, **eat** what is set before you.
 12:22 not worry about your life, what you will **eat**; **23Life is more than food**
 12:29 not set your heart on what you will **eat** or **drink**; do not worry about it.
 14:15 “Blessed is the man who will **eat** at the feast in the kingdom of God.”
 15:2 Pharisees...muttered, This man welcomes sinners and **eats** with them.”
 17:7 Would he say to the servant...“Come along now and sit down to **eat**”?
 17:8 Would he not rather say...and wait on me while I **eat** and **drink**;
 “ after that you may **eat** and **drink**”?
 22:8 (Jesus to disciples)“Go and make preparations for us to **eat** the Passover.”
 22:30 so that you may **eat** and **drink** at my table in my kingdom
 24:41 (Risen Christ appears to disciples) “Do you have anything here to **eat**?”
- JOHN** 4:32 But he said to them, **I have food to eat** that you know nothing about.”
 6:12 When they had all had enough to **eat**, he said...let nothing be wasted.”
 6:31 forefathers ate the manna...‘He gave them bread from heaven to **eat**’
 6:50 bread...comes down from heaven...which a man may **eat** and not die
 6:51 I am the living bread...anyone **eats** of this bread, he will live forever.
- ROMANS** 14:2 One man’s faith allows him to **eat** everything,
 “ but another man whose faith is weak, **eats** only vegetables.
 14:3 the man who **eats** everything must not look down on him who does not
 “ man who does not **eat** everything must not condemn the man who does
 14:6 He who **eats** meat, **eats** to the Lord, for **he gives thanks to God**.
 14:15 is distressed because of what you **eat**, you are no longer acting in love.
 “ Do not by your **eating** destroy your brother for whom Christ died.
 14:17 For the kingdom of God is not a matter of **eating** and **drinking**, but of
 14:20 All food is clean, but...wrong to **eat**...causes someone else to stumble.
 14:21 It is better not to **eat** meat or **drink** wine or anything...cause...to fall.
 14:23 But the man who has doubts is condemned if he **eats**, “
 “ because his **eating** is not from faith...; (everything not from faith is sin)

FOOD OFFERED TO IDOLS

As Christians, we are not to cause another to stumble into error by eating food we know has been sacrificed to idols.

1 Corinthians 8:1-13—

*“Now about food sacrificed to idols: We know that we all possess knowledge. Knowledge puffs up, but **love builds up**. ²The man who thinks he knows something does not yet know as he ought to know. ³But **the man who loves God is known by God**.*

*⁴“So then, about eating food sacrificed to idols: We know that an idol is nothing at all in the world and that there is no God but one. ⁵For even if there are so-called gods, whether in heaven or on earth (as indeed there are many ‘gods’ and many ‘lords’), ⁶yet for us there is **but one God**, the Father, from whom all things came and for whom we live; and there is **but one Lord**, Jesus Christ, through whom all things came and through whom we live.*

⁷“But not everyone knows this. Some people are still so accustomed to idols that when they eat such food they think of it as having been sacrificed to an idol, and since their conscience is weak, it is defiled. ⁸But food does not bring us near to God; we are no worse if we do not eat, and no better if we do.

⁹“Be careful, however, that the exercise of your freedom does not become a stumbling block to the weak. ¹⁰For if anyone with a weak conscience sees you who have this knowledge eating in an idol’s temple, won’t he be emboldened to eat what has been sacrificed to idols. ¹¹So this weak brother, for whom Christ died, is destroyed by your knowledge. ¹²When you sin against your brothers in this way and wound their weak conscience, you sin against Christ. ¹³Therefore, if what I eat causes my brother to fall into sin, I will never eat meat again, so that I will not cause him to fall.”

