

## Food Issue Strategies

### God Provides and Tests

Do not be anxious, your Heavenly Father knows what you need. (Matt 6:31-32)

He tests whether you will walk in His ways. (Ex 16:4)

The purpose of the test is to build faith and fellowship with Him, but the devil tempts us to break faith and fellowship with God.

Being sated (a feeling of fullness) mimics the feeling of being satisfied. Food-related temptations have power where we have dissatisfactions in some parts of our life.

### Attitude Assessment

How has your relationship with food been influenced by your culture and family of origin?

Where do you fall on a spectrum of control about food; from hypo-control (ignore it) to hyper-control (obsess about it)?

What dissatisfactions or conditions tempt you to engage in improper food issues?

### Prayer Strategies

Pray to discover the root cause or source of false belief, dissatisfaction, or conflict.

Confess belief or condition and ask for forgiveness (and extend it as appropriate).

Ask God to reveal the truth (true identity, trust, fellowship).

### Applications and Conditions

**Gluttony:** excess in eating or drinking

Hypo-control, greed or lust, lack of self-restraint, convenience

**Obesity:** excess weight that is a risk to health

Hypo-control, lack of intentionality, personal dissatisfactions, convenience

**Malnutrition:** Improperly fueled for life's activities

Hypo-control, poor food availability or selection, lack of intentionality (awareness)

**Food Insecurity:**

Hyper-control, poor food availability or selection, victim or orphan mentality

**Food Hypervigilance:**

Hyper-control, fear, emphasis on knowledge in the physical realm

**Food Allergies:**

Hyper-control, focus on physical realm, symptom driven

**Bulimia, Anorexia:**

Hyper-control, chaotic environment, emotional trauma, identity issues

### Stewardship

Fasting/control, trust/fear, gratitude/legalism, fellowship/isolation (1 Tim 4:4-5)