

## Food Issues

Reorienting Desires: Food is essential to life. It cannot be avoided, and must be stewarded.

### God Provides and Tests

- Eden: Every fruit tree *Provide* (Gen 1:29) but not this one *Test* (Gen 2:16-17)  
Noah: Every moving thing and green plants *Provide* (Gen 9:3)
- Manna: Each day *Provide*, but not Sabbath *Test* (Ex 16:4)
- Israel: Clean *Provide*, but not unclean *Test* (Lev, Dt); Jesus: All are clean (Mk 7:19)
- Test whether they will walk in My law or not (Ex 16:4). Will they agree with Me and remain in relationship (trust), or rebel and act independently?  
No wonder the devil uses food to attack mankind!

### The Battlegrounds

- Cultural Influence (Identity)
  - Generational curses
  - Unhealthy Patterns and Ways
- Comfort
  - Being sated (satisfied) with food as a coping strategy
  - Dissatisfaction, shame, coping, temporary relief, dissatisfaction ...
- Control
  - Hypo-control (victim mentality, carelessness, convenience)
  - Hyper-control (fear, dissatisfaction, independence)
  - Anti-trust (either direction on the spectrum of control)

### Prayer Strategy

- Conditions / Symptoms
  - Gluttony (lust), Obesity, Malnutrition, Food Insecurity, Food Hypervigilance, Food Allergies, Bulimia, Anorexia
  - Conviction (Allow the Holy Spirit to convict; condemnation leads to shame.)
- Pray to reveal the source (test)
  - Control
  - Faith
- Spiritual Transactions, as needed
- Reestablish Identity (ask for truth)
- Repent
  - Faith in God as provider and release fear (Psalm 104:27-28)
  - Find satisfaction in your identity in Christ
  - Stewardship (fasting, gratitude, trust, communion) (1 Tim 4:4-5)