

Review – Look over your notes from this weekend or the points below before your group meets. A copy of this study is available online at [www.lifeisforliving.org](http://www.lifeisforliving.org) and contains hyperlinks to Bible passages.

Remember – you don't have to ask every question and cover all the material.

## SHARE IT – Connecting with each other

- What comes to mind when you hear the phrase “you are what you eat”?
- How does our diet affect our lives, both physically and spiritually?

## GO DEEP – Connect with the Scriptures

When we use food in a way that injures our health, we are guilty of the sin of gluttony. King Solomon, a man familiar with feasting and abundance, advises, “*Blessed are you, O land whose king is of noble birth and whose princes eat at a proper time— for strength and not for drunkenness.*” (Ecclesiastes 10:17). We should eat food primarily at meal times and for strength, not satiation.

Let's look at 3 instances where attitudes related to food impacted lives.

1. Esau – Read [Genesis 25:27-34](#); [Hebrews 12:16-17](#)

The patriarch Isaac had two sons: Esau, the oldest, and Jacob. Isaac had inherited everything from his father, Abraham, including God's promises to make his descendants into a great nation. Esau traded the lasting benefits of his birthright for the immediate pleasure of food. He acted on impulse, satisfying his immediate desires without considering the consequences. In Hebrews 12, we read from Esau's story that mistakes and sin sometimes have lasting, and irreversible consequences.

*In verse 31, what did Esau give up to satisfy his hunger?*

*Why do we consistently trade God's blessings for short-term satisfaction?*

*Do you find yourself at times willing to negotiate for what you feel you need now?*

*Do you tend to make decisions according to the immediate need or long-term effects?*

2. Israelites – Read [Exodus 16](#), [John 6:48-51](#)

In Exodus 16:2, we read that the Israelites grumbled against Moses and Aaron for leading them into the wilderness. They wished they were back in Egypt, sacrificing their freedom from slavery for food. And as always, God provided for their needs.

*Who are the grumblings really directed towards?*

*What does it say about their faith?*

*How often are we guilty of the same attitude?*

*In verse 16:4, what instructions did the Lord give to Moses on how to handle the manna?*

In John 6, Jesus compares himself to the manna provided by God. While the manna provided nourishment to the Israelites, it only sustained them for one day. Christ is our daily bread who satisfies our eternal, spiritual need.

3. A stern test of Jesus' character occurs when Satan tempts the fasting Jesus to use His powers to produce food: “*Now when the tempter came to Him, he said, ‘If you are the son of God, command that these stones become bread.’ But He answered and said, ‘It is written, “Man shall not live by bread alone, but by every word that proceeds from the mouth of God”*” (Matthew 4:3-4). Satan does not use “if” to cast doubt on Jesus' Sonship, but rather to get Him to reflect on what it meant. Part of what needed to be settled is

whether He would give up His birthright as Esau had. Satan suggests to Jesus that, considering who He is, the highly exalted Son of God, He has every right to satisfy His needs regardless of circumstances. Satan appeals to any vanity Jesus might have to provide for Himself first as Esau had without regard to His obligation to others. Jesus' reply is simply, "I must perform My duty to the will of God first."

## NEXT STEPS – Applying the truth of Scripture to life

### Our bodies are the houses of the Holy Spirit

We have a responsibility in taking care of our physical bodies. Because we belong to God, we are holy and are integral parts of the body of Christ, this responsibility weighs upon us with greater intensity than those who are not. In John 14:23, Jesus introduces the basis for this concept to illustrate the closeness of our relationship with God: "If anyone loves Me, he will keep My word; and My Father will love him, and We will come to him and make Our home with him." Under the Old Covenant, God is mysterious and distant and dwelling in the Temple. Under the New Covenant, we become the Temple, and God becomes knowable and personal.

Read [1 Corinthians 6:12-20](#)

In the first half of verse 12, it states that "everything is permissible, but not everything is beneficial".

Can you provide an example of an action that is not sinful, maybe not the best choice because it could control our lives and lead us away from God?

People say "as long as I don't hurt anyone, I can do whatever I want" or an action is a "victimless crime".

Is there really anything we do that doesn't affect people around us?

What about our actions that influence others? See [1 Corinthians 8:9-13](#)

Read [1 Corinthians 6:15](#), [Ephesians 5:29-30](#)

What did Paul mean when he said that our bodies belong to God? See [Romans 12:1](#), [Philippians 1:20](#)

Do we have the right to do whatever we want with our own bodies without repercussion?

What does the term "bought with a price" in verse 20 mean? See [Acts 20:28](#), [1 Peter 1:18-19](#), [Revelation 5:9](#)

If you rent an apartment, you follow the owner's rules while you inhabit that dwelling. The same goes for us. Because our bodies belong to God, we must not violate his standards for living.

When does eating become a sin?

- When it is done selfishly, with no consideration of others.
- When it becomes a controlling factor in a person's life
- When placed before God, or done in disobedience to God.

What can we do about the condition of our house?

Rely on God for strength.

## PRAY

As you close your time this week, please pray for people to have healthy attitudes about food. That we consume food for nourishment and not comfort. We will seek help and support if needed. And that we always remember that God is our ultimate giver of life; we need to turn to Him first. "Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us".