

# VIDEO

## Physical Series



### LESSON: HEALTHY EATING



#### THE POINT

Following in the footsteps of an ancient teen.



#### QUOTES

We want a lifestyle of indulgence, but then a quick fix ...

Donna Lee

#### TO-DO

Without making changes to how you normally eat and drink, record what you eat and drink over a 7-day period. Review it once completed. Determine if it is how you want to be fuelling your body. What ONE good change could you make to your diet, on a permanent basis? Who can you be accountable to for that change? Tell them. Invite them to pray for you and to ask how you are doing with your change.

Read:  
Daniel 1:1-16  
Ezekiel 16:49

#### QUESTIONS

- 1 - What are your favourite foods? Do you celebrate special occasions with specific kinds of meals? Do you enjoy cooking or watching cooking shows?
- 2 - Consider the principle of choosing good standards for your diet from Daniel's story, which took place in very difficult circumstances. What good changes have you made in the past, and what impact did those changes have on any area of your SPIRE? What good change could you make now?
- 3 - Consider the challenge to give from your excess to those who are hungry. What opportunities do you have, or can you create, to participate in giving to others in need? If you are experiencing a food shortage, who can you share your need with?

# MY NOTES

## PRAYER