



Be in Health™

GLOBAL



Biblical Insights to Food

And Food Related Issues

Saturday- June 13, 2009 – Mary Pat Jones

Class Scripture References

1. Romans 14:17-22
2. John 6: 48-49
3. Psalms 78:24-31
4. Numbers 11:34
5. Matthew 15:11
6. Proverbs 18:20-21
7. Proverbs 3:5-8
8. Proverbs 4:20-22
9. 1 Timothy 4:1-5
10. 1 Corinthians 10:23
11. 1 Corinthians 6:19-20
12. Isaiah 61:7
13. Deuteronomy 14:22-25
14. 1 Corinthians 10:31
15. Psalms 104:14-15
16. Romans 1:25
17. Genesis 3:12-13
18. Exodus 13:5
19. Isaiah 43:24
20. Genesis 18:1-8
21. Genesis 43:11
22. 2 Samuel 17:28-29
23. Acts 10:14-15
24. Acts 11:7
25. Romans 14:14
26. Ecclesiastes 6:7
27. Romans 12:2
28. Leviticus 26:26
29. Ezekiel 4:16-17
30. Deuteronomy 8:3
31. John 6:35
32. Galatians 5:16-18
33. Proverbs 23:21
34. Proverbs 30:8-9
35. Deuteronomy 32:15
36. Titus 1:7-8
37. 1 Corinthians 9:25
38. 1 Corinthians 8:8
39. 2 Peter 1:5-7
40. Matthew 5:13
41. Matthew 3:12-13
42. Matthew 13: 48
43. Proverbs 24:16
44. 2 Corinthians 5:17
45. Psalms 119:103
45. Psalms 22:24-26



1. ROMANS 14:17-22 ¹⁷For the kingdom of God is not meat and drink; but righteousness, and peace, and joy in the Holy Ghost. ¹⁸For he that in these things serveth Christ is acceptable to God, and approved of men. ¹⁹Let us therefore follow after the things which make for peace, and things wherewith one may edify another. ²⁰For meat destroy not the work of God. All things indeed are pure; but it is evil for that man who eateth with offence. ²¹It is good neither to eat flesh, nor to drink wine, nor any thing whereby thy brother stumbleth, or is offended, or is made weak. ²²Hast thou faith? have it to thyself before God. Happy is he that condemneth not himself in that thing which he alloweth.

2. JOHN 6:48-40 ⁴⁸I am that bread of life. ⁴⁹Your fathers did eat manna in the wilderness, and are dead.

3. PSALMS 78:24-31 ²⁴And had rained down manna upon them to eat, and had given them of the corn of heaven. ²⁵Man did eat angels' food: he sent them meat to the full. ²⁶He caused an east wind to blow in the heaven: and by his power he brought in the south wind. ²⁷He rained flesh also upon them as dust, and feathered fowls like as the sand of the sea: ²⁸And he let it fall in the midst of their camp, round about their habitations. ²⁹So they did eat, and were well filled: for he gave them their own desire; ³⁰They were not estranged from their lust. But while their meat was yet in their mouths, ³¹The wrath of God came upon them, and slew the fattest of them, and smote down the chosen men of Israel.

4. NUMBERS 11:34 ³⁴And he called the name of that place Kibrothhattaavah: because there they buried the people that lusted.

5. MATTHEW 15:11 ¹¹Not that which goeth into the mouth defileth a man; but that which cometh out of the mouth, this defileth a man.

6. PROVERBS 18:20-21 ²⁰A man's belly shall be satisfied with the fruit of his mouth; and with the increase of his lips shall he be filled. ²¹Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof.

7. PROVERBS 3:5-8 ⁵Trust in the LORD with all thine heart; and lean not unto thine own understanding. ⁶In all thy ways acknowledge him, and he shall direct thy paths. ⁷Be not wise in thine own eyes: fear the LORD, and depart from evil. ⁸It shall be health to thy navel, and marrow to thy bones.

8. PROVERBS 4:20-22 ²⁰My son, attend to my words; incline thine ear unto my sayings. ²¹Let them not depart from thine eyes; keep them in the midst of thine heart. ²²For they are life unto those that find them, and health to all their flesh.

9. I TIMOTHY 4:1-5 ¹Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; ²Speaking lies in hypocrisy; having their conscience seared with a hot iron; ³Forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. ⁴For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: ⁵For it is sanctified by the word of God and prayer.

10. I CORINTHIANS 10:23 ²³All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not.

11. I CORINTHIANS 10:23 ¹⁹What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? ²⁰For ye are bought with a price: therefore glorify God in your body, and in your spirit,

12. ISAIAH 61:7 ⁷For your shame ye shall have double; and for confusion they shall rejoice in their portion: therefore in their land they shall possess the double: everlasting joy shall be unto them.

13. DEUTERONOMY 14:22-25 ²²Thou shalt truly tithe all the increase of thy seed, that the field bringeth forth year by year. ²³And thou shalt eat before the LORD thy God, in the place which he shall choose to place his name there, the tithe of thy corn, of thy wine, and of thine oil, and the firstlings of thy herds and of thy flocks; that thou mayest learn to fear the LORD thy God always. ²⁴And if the way be too long for thee, so that thou art not able to carry it; or if the place be too far from thee, which the LORD thy God shall choose to set his name there, when the LORD thy God hath blessed thee: ²⁵Then shalt thou turn it into money, and bind up the money in thine hand, and shalt go unto the place which the LORD thy God shall choose:

14. I CORINTHIANS 10:31 ³¹Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God.

15. PSALMS 104:14-15 ¹⁴He causeth the grass to grow for the cattle, and herb for the service of man: that he may bring forth food out of the earth; ¹⁵And wine that maketh glad the heart of man, and oil to make his face to shine, and bread which strengtheneth man's heart.

16. ROMANS 1:25 ²⁵Who changed the truth of God into a lie, and worshipped and served the creature more than the Creator, who is blessed for ever. Amen.

17. GENESIS 3:12-13 ¹²And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat. ¹³And the LORD God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat. ¹²And the man said, The woman whom thou gavest to be with me, she gave me of the tree, and I did eat. ¹³And the LORD God said unto the woman, What is this that thou hast done? And the woman said, The serpent beguiled me, and I did eat.

18. EXODUS 13:5 ⁵And it shall be when the LORD shall bring thee into the land of the Canaanites, and the Hittites, and the Amorites, and the Hivites, and the Jebusites, which he swore unto thy fathers to give thee, a land flowing with milk and honey, that thou shalt keep this service in this month.

19. ISAIAH 43:24 ²⁴Thou hast bought me no sweet cane with money, neither hast thou filled me with the fat of thy sacrifices: but thou hast made me to serve with thy sins, thou hast wearied me with thine iniquities

20. GENESIS 18:1-8 ¹And the LORD appeared unto him in the plains of Mamre: and he sat in the tent door in the heat of the day; ²And he lift up his eyes and looked, and, lo, three men stood by him: and when he saw them, he ran to meet them from the tent door, and bowed himself toward the ground, ³And said, My LORD, if now I have found favour in thy sight, pass not away, I pray thee, from thy servant: ⁴Let a little water, I pray you, be fetched, and wash your feet, and rest yourselves under the tree: ⁵And I will fetch a morsel of bread, and comfort ye your hearts; after that ye shall pass on: for therefore are ye come to your servant. And they said, So do, as thou hast said. ⁶And Abraham hastened into the tent unto Sarah, and said, Make ready quickly three measures of fine meal, knead it, and make cakes upon the hearth. ⁷And Abraham ran unto the herd, and fetcht a calf tender and good, and gave it unto a young man; and he hastened to dress it. ⁸And he took butter, and milk, and the calf which he had dressed, and set it before them; and he stood by them under the tree, and they did eat.

21. GENESIS 43:11 ¹¹And their father Israel said unto them, If it must be so now, do this; take of the best fruits in the land in your vessels, and carry down the man a present, a little balm, and a little honey, spices, and myrrh, nuts, and almonds:

22. 2 SAMUEL 17:28-29 ²⁸Brought beds, and basons, and earthen vessels, and wheat, and barley, and flour, and parched

- 23. ECCLESIASTES 10:16-17**¹⁶Woe to thee, O land, when thy king is a child, and thy princes eat in the morning!
¹⁷Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness!
- 24. ACTS 10:14-15**¹⁴But Peter said, Not so, Lord; for I have never eaten any thing that is common or unclean. ¹⁵And the voice spake unto him again the second time, What God hath cleansed, that call not thou common.
- 25. ACTS 11:7**⁷And I heard a voice saying unto me, Arise, Peter; slay and eat.
- 26. ROMANS 14:14** ¹⁴I know, and am persuaded by the Lord Jesus, that there is nothing unclean of itself: but to him that esteemeth any thing to be unclean, to him it is unclean.
- 27. ECCLESIASTES 6:7** ⁷All the labour of man is for his mouth, and yet the appetite is not filled.
- 28. ROMANS 12:2** ²And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect, will of God.
- 29. I TIMOTHY 1:9-10** ⁹Knowing this, that the law is not made for a righteous man, but for the lawless and disobedient, for the ungodly and for sinners, for unholy and profane, for murderers of fathers and murderers of mothers, for manslayers, ¹⁰For whoremongers, for them that defile themselves with mankind, for menstealers, for liars, for perjured persons, and if there be any other thing that is contrary to sound doctrine;
- 30. LEVITICUS 26:26** ²⁶And when I have broken the staff of your bread, ten women shall bake your bread in one oven, and they shall deliver you your bread again by weight: and ye shall eat, and not be satisfied.
- 31. EZEKIEL 4:16-17** ¹⁶Moreover he said unto me, Son of man, behold, I will break the staff of bread in Jerusalem: and they shall eat bread by weight, and with care; and they shall drink water by measure, and with astonishment: ¹⁷That they may want bread and water, and be astonied one with another, and consume away for their iniquity.
- 32. DEUTERONOMY 8:3** ³And he humbled thee, and suffered thee to hunger, and fed thee with manna, which thou knewest not, neither did thy fathers know; that he might make thee know that man doth not live by bread only, but by every word that proceedeth out of the mouth of the LORD doth man live.
- 33. JOHN 6:35** ³⁵And Jesus said unto them, I am the bread of life: he that cometh to me shall never hunger; and he that believeth on me shall never thirst.
- 34. GALATIANS 5:16-18** ¹⁶This I say then, Walk in the Spirit, and ye shall not fulfil the lust of the flesh. ¹⁷For the flesh lusteth against the Spirit, and the Spirit against the flesh: and these are contrary the one to the other: so that ye cannot do the things that ye would. ¹⁸But if ye be led of the Spirit, ye are not under the law.
- 35. PROVERBS 23:21** ²¹For the drunkard and the glutton shall come to poverty: and drowsiness shall clothe a man with rags.
- 36. PROVERBS 30:8-9** ⁸Remove far from me vanity and lies: give me neither poverty nor riches; feed me with food convenient for me: ⁹Lest I be full, and deny thee, and say, Who is the LORD? or lest I be poor, and steal, and take the name of my God in vain.
- 37. DEUTERONOMY 32:15** ¹⁵But Jeshurun waxed fat, and kicked: thou art waxen fat, thou art grown thick, thou art covered with fatness; then he forsook God which made him, and lightly esteemed the Rock of his salvation.
- 38. TITUS 1:7-8** ⁷For a bishop must be blameless, as the steward of God; not selfwilled, not soon angry, not given to wine, no striker, not given to filthy lucre; ⁸But a lover of hospitality, a lover of good men, sober, just, holy, temperate;

39. I CORINTHIANS 9:25 ²⁵And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible.

40. I CORINTHIANS 8:8 ⁸But meat commendeth us not to God: for neither, if we eat, are we the better; neither, if we eat not, are we the worse.

41. 2 PETER 1:5-7 ⁵And beside this, giving all diligence, add to your faith virtue; and to virtue knowledge; ⁶And to knowledge temperance; and to temperance patience; and to patience godliness; ⁷And to godliness brotherly kindness; and to brotherly kindness charity.

42. MATTHEW 5:13 ¹³Ye are the salt of the earth: but if the salt have lost his savour, wherewith shall it be salted? it is thenceforth good for nothing, but to be cast out, and to be trodden under foot of men.

43. MATTHEW 3:12-13 ¹²Whose fan is in his hand, and he will thoroughly purge his floor, and gather his wheat into the garner; but he will burn up the chaff with unquenchable fire. ¹³Then cometh Jesus from Galilee to Jordan unto John, to be baptized of him.

44. MATTHEW 13:48 ⁴⁸Which, when it was full, they drew to shore, and sat down, and gathered the good into vessels, but cast the bad away.

45. NUMBERS 11:8

⁸And the people went about, and gathered it, and ground it in mills, or beat it in a mortar, and baked it in pans, and made cakes of it: and the taste of it was as the taste of fresh oil.

45. PROVERBS 24:16 ¹⁶For a just man falleth seven times, and riseth up again: but the wicked shall fall into mischief.

47. 2 CORINTHIANS 5:17 ¹⁷Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new.

47. PSALMS 119:103 ¹⁰³How sweet are thy words unto my taste! yea, sweeter than honey to my mouth!

48. PSALMS 22:24-26 ²⁴For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard. ²⁵My praise shall be of thee in the great congregation: I will pay my vows before them that fear him. ²⁶The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever.

Possible Spiritual Roots to food issues



of rejection

ion coming out of unloving spirits

Spirits of gluttony, spirits of addiction

- Spirits of occultism

Summary

Address spiritual issues involving food, weight and health...



- Watch what comes out of your mouth – what are you speaking? Watch for unloving and accusing words.
- Realize the world focuses on food and you in the world but not of it. Don't get tied up in all of the witchcraft advertising and media.
- Don't diet - stay out of food idolatry – learn to trust God
- Know the love of the God for yourself
- Renew your mind with what God say about you and quit listening to the deceiver and father of lies. (Gen 3:11 – *Who told you?*)



Words for Songs used Today

1. Come Worship the Lord,

by Shannon Wexelberg
Psalms 30:11-12

Come to the Lord
All who are weary
Come to the Lord
Come and find rest
Come to the Lord
Hearts that are yearning
Come to the Lord
Come and be blessed

For in His presence
His joy overflows
Hope for the heart
Strength for the soul

Come worship the Lord
Feast at His table
Taste of His goodness
Come worship the Lord
For He is able
To lift your heaviness
He'll clothe your heart
With the garment of praise
So let your love song be raised
Worship the Lord

Come to the
Lay down your burden
Come to the Lord
Lift up your hands
Come to the Lord
Life He has given
Come to the Lord
Savior and Friend

2. In the Sanctuary,

by David and Nicole Binion and friends

We lift our hands in the sanctuary
We lift our hands to give You the glory
We lift our hands to give You the praise
And we will praise You for the rest of our days – YES!
We will praise You for the rest of our days
(repeat above)

We clap our hands in the sanctuary
We clap our hands to give you the glory
We clap our hands to give You the praise
And we will praise You for the rest of our days– YES!
We will praise You for the rest of our days

We sing our song in the sanctuary
We sing our song to give You the glory
We sing our song to give You the praise
And we will praise You for the rest of our days – YES!
We will praise You for the rest of our days

Jesus, we give You the praise
Immanuel, we lift up Your name
Heavenly Father, Coming Messiah
And we will praise You for the rest of our days – YES!
We will praise you for the rest of our days

Hallelujah in the sanctuary
Hallelujah we give You the glory
Hallelujah we give You the praise
And we will praise You for the rest of our day – YES!
We will praise You for the rest of our days

Yes, Lord for the rest of our days- YES! (repeat/
audience participation)

Hallelujah, Hallelujah
Hallelujah for the rest of our days
Hallelujah, Hallelujah

Hallelujah for the rest of our days
Yes Lord for the rest of our days- YES! (repeat)
And we will praise You for the rest of our days

3.



Fr
 I
 Need your touch
 Seek your face
 Need your presence

When I wake up in the morning
 I call out your name
 Even when I lay my head to rest
 I need you there
 To live in your presence
 Is where I long to be
 Lord draw me closer so much closer to

4. Change Me

by Shannon Wexelberg
 Psalms 139: 23-24
Faithful God

Here in the light of your presence
 I see how holy You are
 I'm bowing down, Lord, in reverence
 You know my heart
 You have become my desire
 Teach me to walk in Your ways
 Come now and cleanse me with fire
 This I pray

Change me, Lord
 In the light of you Glory
 Let my heart be known
 Father, search me and know me
 Come make me Your own
 Change me, Lord

5. Breathe



This is the air I breathe
 This is the air I breathe
 Your holy presence living in me

This is my daily bread
 This is my daily bread
 Your very word spoken to me

And I I'm desperate for you
 And I I'm I'm lost without you

This is the air I breathe
 This is the air I breathe
 Your holy presence living in me

This is my daily bread
 this is my daily bread
 your very word spoken to me

And I'm, I'm desperate for you
 And I'm, I'm lost without you

And I'm desperate for you
 And I'm, I'm lost without you.

I'm lost without you.

I'm lost without you.

I'm desperate for you.

(Cry out to live)

I'm desperate for you..

I'm lost, I'm lost, I'm lost without you..

I'm lost without you

I'm desperate for you

(pianospill)

(How many of you are hungry for God?)

