

Love to Eat, Hate to Eat
Helping Women Develop Godly Eating Habits
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Problems with eating habits abound in the church. Whether these problems manifest themselves in over eating, anorexia, bulimia, the Bible offers clear direction and hope.

Does God care about our eating habits?

1. What does the Bible teach about eating, dieting, and our physical body?
 - A. In everything we should glorify God. I Cor 10:31
 - B. There are no commands to be thin. Rom 12:1-2
 - C. We are to care for the body, God's temple. 1 Cor 6:19-20
 1. The sixth and seventh commandments: Thou shalt not kill, Thou shalt not commit adultery.
 2. The WLC, Q's 136 and 139: "The sins forbidden in the sixth commandment are . . . immoderate use of meat, drink, labor, and recreations. . ." "The sins forbidden in the seventh commandment are ". . .gluttony, drunkenness . . .".
 - D. You are to be conformed to the image of Christ. Rom 8:28-29
 1. Having the perfect figure is not a godly goal.
 2. Pursuing this ideal will end in frustration and futility.
 3. Christian woman should seek to develop the fruit of the Spirit and the fear of the Lord. Pro 31:30
 4. Seek to beautify the inner person of the heart. 1 Pet 3:3-4
 - E. An inordinate love of food is called gluttony.

How can I know if I have **DISCIPLINED Eating** habits?

D: Do I DOUBT that I can eat this food without sinning?

But he who doubts is condemned if he eats because his eating is not from faith; and whatever is not from faith is sin (Romans 14:23).

If you think that it is somehow sinful for you to eat a certain food, then it is sin for you to eat it.

I: Will eating this food demonstrate a heart of IDOLATRY?

You shall have no other gods before Me (Exodus 20:3).

Are you looking at this food as a savior? Do you run to this pleasure instead of running to God? Are you demonstrating a heart of independence, “I can eat/starve myself if I want to. No one is going to tell me what to do!”

S: Will eating this food STUMBLE a weaker Christian?

It is not good to eat meat or to drink wine, or to do anything by which your brother stumbles (Romans 14:21).

If you know that eating this chocolate chip cookie with your friend will probably throw her into a binge, then it is sinful for you to eat it — even if it doesn’t bother you.

C: Am I eating this food because I COVETED it?

You shall not covet . . . anything that belongs to your neighbor (Exodus 20:17).

Are you eating this food because you saw a commercial for it, ignoring the important factors of health and true hunger?

I: If I eat this food will it create an INROAD for sin in my life?

But put on the Lord Jesus Christ, and make no provision for the flesh in regards to its lusts (Romans 13:14).

If you eat this chocolate chip cookie will it cause you to slide into a binge? Will you spend time “vegging out” in front of the TV instead of fulfilling your obligations?

P: Can I eat this food with PRAISE and gratitude?

For everything created by God is good and nothing is to be rejected, if it is received with gratitude (1 Timothy 4:4).

Are you truly thankful for God’s good provision or are you eating in spite of His grace? Can you stop and calm your heart in thankful worship or are you just “stuffing” this food in a frenzy?

L: Would eating this food harm my LIFE or health in any way?

You shall not murder (Exodus 20:13).

With what I know about good nutrition, would eating this food harm my health in any way?

I: Am I ILLUSTRATING good eating habits for others?

Show yourself an example of those who believe (1 Timothy 4:12).

Am I demonstrating good eating habits for my family? Would my children be able to testify that they knew that I trusted God by the way I conduct myself in the kitchen?

N: Am I able to say “NO”?

But I buffet my body and make it my slave, lest possibly, after I have preached to others, I myself should be disqualified (1 Cor 9:27).

Even though it might not be sinful for me to eat this chocolate chip cookie, am I willing to deny my flesh and say “no” to legitimate pleasures, even if it is only for a time?

E: Does my desire to eat this flow out of any sinful EMOTIONS?

If you do well, will not your countenance be lifted up? And if you do not do well, sin is crouching at the door; and its desire is for you, but you must master it (Genesis 4:7).

Am I eating this food because I am hungry or am I eating because I’m worried, angry, bored, depressed or frustrated?

D: Will preparing or eating this food DISTRACT me from something better?

Martha, Martha, you are worried and bothered about so many things; but only a few are really necessary, really only one, for Mary has chosen the good part, which shall not be taken away from her (Luke 10:41-42).

Is the focus of my eating and food preparation that of a servant or a performer? Am I missing ministry opportunities and making my family uncomfortable by my activities in the kitchen?

E: Will eating this food ENSLAVE me in any way?

All things are lawful for me, but not all things are profitable. All things are lawful for me, but I will not be mastered by anything (1 Cor 6:12).

If I continue to eat these chocolate chip cookies everyday, will I become enslaved to them? Is there any kind of food or drink that I must have

everyday?

II. What does the Bible say about how to change in a God-honoring way?

Relying upon the Holy Spirit, we must:

1. Become convinced that our present method of eating is sinful and turn from it.

2. Become convinced that God's methods for disciplined eating are right and begin practicing them.

3. Seek diligently to change your mind and become conformed to God's thinking, especially in the area of your eating habits.

4. Continue to practice these new thoughts and behaviors, even when the struggle gets hard.