



The Medicine Cabinet: Week 1 — “Eat Well”

CONNECT: Imagine you have every restaurant and cook at your disposal to make any food you desire. What would be your perfect meal? (For example: Red Lobster rolls, Jeff Ruby’s steak, my uncle’s twice-baked potatoes, and a Dairy Queen Blizzard)

GROW:

1. Typically our sermons around diet receive the most negative feedback. Why do you think that is? What feelings/thoughts come to your mind when you hear the sermon will be on “eating well”?
2. **Read 1 Corinthians 6:19-20.** *Leader: The context of this verse is in regard to sexual immorality, but the truth of honoring our bodies as a temple of the Holy Spirit can be applied to many areas of life, including our diet.*
 - a. “You must honor God with your body.” What does your relationship with food look like? Have you had seasons of honor and dishonor?
 - b. **Read 1 Corinthians 6:12.** Diet (or lack thereof) becomes an issue when you are “mastered” or “dominated” by it.
Leader: The following are deeper questions. Feel free to skip them if you don’t know your group very well or think it would be harmful.
 - i. Have you had seasons where you’ve dealt with the extremes of diet to the point where it’s controlled you? (Food addiction, eating disorders, rigorous diet restrictions that completely alter your life and those around you, etc.)
 - ii. How have you found freedom from this? Do you still need help in the form of accountability, prayer, counseling, etc.?
3. “It’s possible to be kind to people and to love them without joining in, affirming, celebrating, or glorifying their sinful and destructive choices.” How do you need to grow in this way, regarding diet or any other area of your life?
4. “Food is fuel for worship.” **Read John 5:1-6.** Ask these questions for reflection:
 - a. Do you want to get well?
 - b. Is what I’m eating helping or hurting God’s calling in my life?

PRAY: Diet is a touchy subject. Depending on how the discussion has gone, you may want a simple prayer of “God, help us honor You with our bodies,” or you may need to pray for specific people to be free from certain additions, disorders, or other issues.

NEXT: Feasting and Fasting — Look at your past week, month, and year and see if you’ve had a healthy balance of feasting and fasting. How can you put these practices into your regular schedule to honor God with your body?