



# BUILT DIFFERENT

## Food: Enjoying God's Abundance (Nutritional) Eat Foods that Love You Back

**Daniel 1:8-19; 1 Corinthians 6:12-20; Matthew 4:4; 6:25, 32-33**

*These questions are provided to lead the group in **applying** the teaching from Sunday. Allow the Holy Spirit to guide you in being a doer of God's Word. Challenge each other and be vulnerable as God works IN and THROUGH you together.*

1. Who has God placed on your heart to invite to The Table (1-Year Rally)? Have you had any table meetings yet (Church? Community? Cultures?)? If so, how's it going?
2. When you were a child, what was your favorite food? What memories do you associate with food? When you hear the phrase "comfort food," what comes to mind? What is it that is comforting about food?
3. Globally, overeating now kills more people than malnutrition, and lifestyle diseases (diabetes, heart disease, etc.) now kill more people than infectious diseases. How would you describe America's relationship with food? How about yours? Do you tend to eat to live or live to eat?
4. Read Proverbs 23:2 and Philippians 3:19. Why is gluttony equivalent to putting a knife to our throats? In what ways can our stomachs become our gods? In what ways are you tempted to use food as a source of comfort and control?
5. Read Daniel 1:8-19. How did Daniel demonstrate that he was different? What are your thoughts about how our eating habits can distinguish us from others?
6. In terms of our attitudes about our bodies, which direction do you tend to lean, trying to perfect your body (body-image focused with excessive workouts and diets) or neglecting your body (not giving much thought to what and how much you eat and exercise)? Explain.
7. Read Psalm 139:13-14, Colossians 2:9, 1 Corinthians 6:12-20, and 3 John 1:2. What two or three insights do you sense God showing you about your body, its importance, and your care for it? What implications does this have for the food choices you make? Why is it important to focus on both the quantity of our food intake and the quality?
8. Read Genesis 1:29; 9:3 and discuss this general rule from the message: "If God made it, it's good for you. If people processed it, it's bad for you." Agree or disagree? Why? What can you do to eat more food from a plant instead of something made in a plant? Are you interested in trying to make your plate look more like the one in the Daniel Plan? (See below.) How will you do this?
9. Read John 4:32-34 and Matthew 4:4; 6:25-33. What is Jesus' answer to our food problem? How can you apply this to your life?
10. How can this group pray for you and our church this week? Pray for people to invite to your Church Table, Community Table, and Cultural Table.



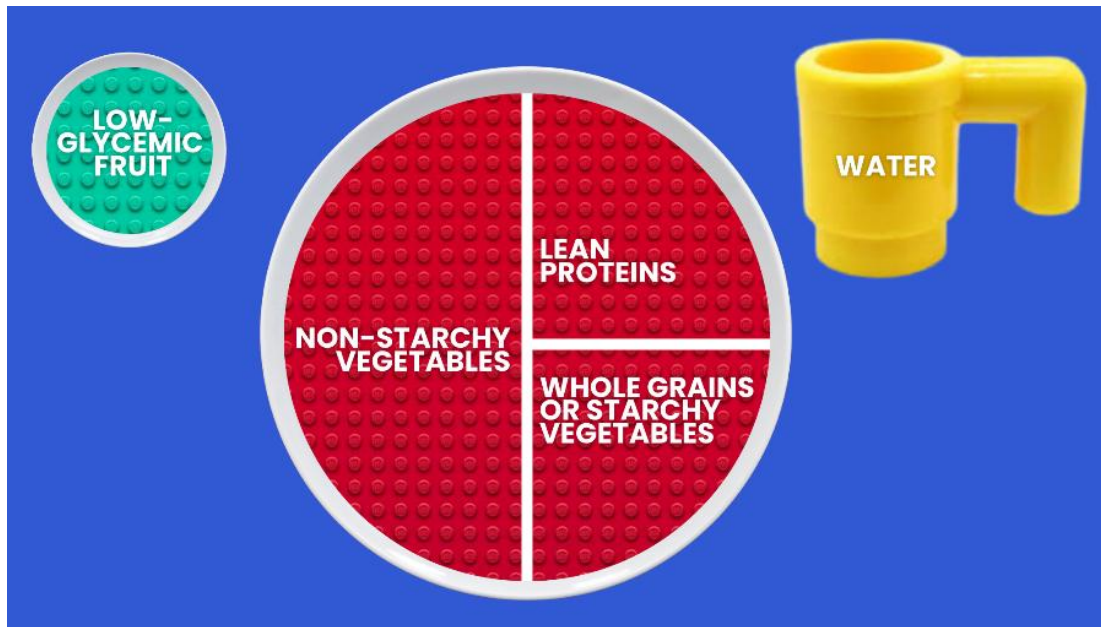
Recipe of  
the Week



Movement  
of the Week

## The Daniel Plan

50% non-starchy veggies  
 25% healthy animal or vegetable proteins  
 25% healthy starch or whole grains  
 Side of low-glycemic fruit  
 Water



### Examples for Each Food Group

Non-Starchy Veggies	Protein	Starch or Whole Grain	Low-Glycemic Fruit
Asparagus	Eggs	Beets	Apples
Bell peppers	Beef	Brown/black rice	Blackberries
Broccoli	Chicken	Carrots	Blueberries
Cauliflower	Turkey	Buckwheat	Raspberries
Collard Greens	Halibut	Green peas	Gogi berries
Cucumbers	Salmon	Corn	Grapefruit
Green beans	Beans	Quinoa	Plums
Kale	Lentils	Turnips	Kiwi
Spinach	Nuts	Sweet Potatoes	Nectarines
Zucchini	Seeds	Winter Squash	Peaches

### Avoid

- MSG
- Trans fats (partially hydrogenated oils)
- Saturated fats (fully hydrogenated oils)
- Sugars, high-fructose corn syrup, and high-glycemic foods, such as refined grains (white bread, white rice, crackers), sugary drinks (sodas, fruit juices), processed snacks (donuts, cakes, chips), some starchy vegetables (potatoes), and certain fruits (watermelon, ripe bananas)
- Nitrites and nitrates (in sausage, hot dogs, lunch meat)
- Artificial flavors
- Colors and dyes

Based on the book, *The Daniel Plan: 40 Days to a Healthier Life*.