



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

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Proverbs 23:2 ...put a knife to your throat if you are given to gluttony. (NIV)

Gluttony is consuming more than is needed.
Instead of eating to live, we are living to eat.

Gluttony is about control and comfort.

Gluttony is a form of idolatry where food becomes our god, causing us to live for this world and destroying us.

Philippians 3:19 Their destiny is destruction, their god is their stomach, and their glory is in their shame. Their mind is on earthly things. (NIV)

Daniel was built different than others around him.

Daniel 1:8 But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way.... 11 Daniel then said... 12 "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. 13 Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." 14 So he agreed to this and tested them for ten days. 15 At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. 16 So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.... 18 At the end of the time set by the king to bring them into his service, the chief official presented them to Nebuchadnezzar. 19 The king talked with them, and he found none equal to Daniel, Hananiah, Mishael and Azariah; so they entered the king's service. (NIV)

I develop the right attitude toward my body.

- **Wrong Attitudes:** I perfect or neglect my body.
- **Right Attitudes:** I respect and protect my body.

Theology of the Body

- **God created my body.** (Psa. 139:13-14)
- **Jesus had a body.** (Col. 2:9)

1 Corinthians 6:12 "I have the right to do anything," you say—but not everything is beneficial. "I have the right to do anything"—but I will not be mastered by anything. 13 You say, "Food for the stomach and the stomach for food, and God will destroy them both." The body, however, is not meant for sexual immorality but for the Lord, and the Lord for the body. 14 By his power God raised the Lord from the dead, and he will raise us also. 15 Do you not know that your bodies are members of Christ himself? 19 Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; 20 you were bought at a price. Therefore honor God with your bodies. (NIV)

- **My body is not to be mastered by anything but God.** (12-13)
- **My body is for the Lord.** (13)
- **My body will be resurrected at the end of time.** (14)
- **My body is connected to the body of Christ.** (15-18)
- **My body is a temple of the Holy Spirit.** (19)
- **My body belongs to God.** (19-20)
- **I am called to honor God with my body.** (20)
- **God wants my body to be healthy.**

3 John 1:2 Dear friend, I hope all is well with you and that you are as healthy in body as you are strong in spirit. (NLT)

I decide to eat more foods that love me back.

Watch: Over-eating (Quantity) & Poor-Eating (Quality)

General Rule: If God made it, it's good for you. If people processed it, it's bad for you. (Gen. 1:29; 9:3) (See below.)

I devote myself to finding fulfillment in God, not food.

Matthew 4:4 Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'" (NIV)

Matthew 6:25 "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body.... 32 For the pagans run after all these things, and your heavenly Father knows that you need them. 33 But seek first his kingdom and his righteousness, and all these things will be given to you as well." (NIV) (John 4:32, 34)

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

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

The Daniel Plan

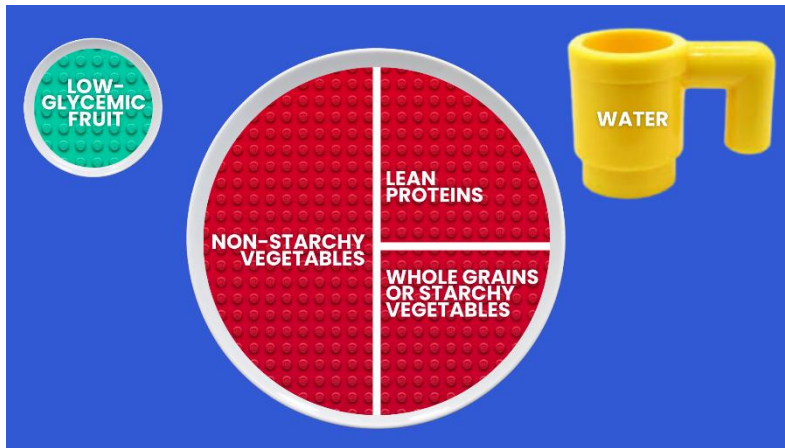
50% non-starchy veggies

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



Recipe of
the Week



Movement
of the Week