

# God in the Everyday

## Part 4 – Food

### Theological foundations

God is worthy of our everyday lives (1 Cor. 10.31)

God is with us in our everyday lives (Matthew 28.20)

### Fasting (25.27)

- Definition – abstinence from something you live on (typically food) for spiritual purposes
- Purpose - teach us that we really don't live by bread alone, our body doesn't have to have everything it demands (Matthew 4.1-11, 6.16-18)
- Expectation of fasting was and IS real (Matthew 9 – then they will fast)
- Spiritually, focuses us on God's sufficiency
- Appropriate response is dependence (most often expressed in prayer – Transfiguration)

### Fuel (25.16)

- Food is the fuel our bodies need to do the things God gives us to do
- Our temptation - overload on fuel, which causes us to be sluggish in our performance or even unable to perform (airplane has to dump fuel before landing)
- Our temptation - wrong kind of fuel, loading gasoline into a Diesel engine or v/v
- Why is this so crucial? Jesus never commands us to do anything separate from our bodies
  - Worship – Pray – Read Bible – Share the Gospel – Serve – Speak
- Spiritually, focuses us on God's provision
- Appropriate response is gratitude.

### Feasting (24.13)

- Expected but not necessary
- Definition – lavish ceremonial meal enjoyed with guests (contra overeating) TIME
- Purpose - celebration with others
  - Warning: be careful whom you feast with (Prov. 23.1-8)
- Spiritually, focused us on God's goodness AND points us to a greater feast with greater goodness on display (Eph 2, Marriage supper)
- Appropriate response is Joy

Questions for Discussion:

1. What's the absolute best meal you have ever had? What were the circumstances? What made it so good?
2. What are the cultural / societal attitudes toward food you have encountered? How are those expressed in real life?
3. What experience (if any) do you have with fasting? With feasting? What insights would you share with someone who hasn't done it before? Why do you think the Bible cautions regarding whom you eat with (cf. Proverbs 23.1-8)?
4. Do you have a plan for consistently walking all three avenues regarding food? What are those plans for fasting, viewing food as fuel, and feasting to the glory of God?
5. Do you have anything relating to food needing repentance? What needs to change immediately? What will take time to change? How can your group walk with you as transformation comes?