

**LESSON REVIEW  
QUESTIONS**

1. Should Christians have a fear of what they eat? Why or why not?
2. Should Christians live without caring about diet or exercise? Why or why not?
3. What advice does Proverbs 18:21 give for dealing with your diet?
4. What are the two extreme views about diet?
5. What benefits can come from following God's wisdom about food and exercise?
6. How does 1 Corinthians 10:23 relate to diet and exercise?
7. What are some examples of diet or exercise problems that might limit a Christian's ability to accept ministry opportunities?