

GO DEEPER

Self-Examination Questions

Do you really need to be concerned about your diet? Why or why not?

What lies about your diet have you believed? What truths and wisdom from God about your diet will replace those lies?

How will you take care of your body so that you can do what God has planned for you?

On a scale from 1-10 (low to high), how willing are you to commit to changing your diet to better steward your body as a temple of the Holy Spirit?

Prayer Points

Use these prayer points to write and to pray your own powerful prayer:

- Praise God that your body is the temple of the Holy Spirit.
- Repent of fear about food.
- Rebuke the lies from the enemy that say you deserve to be sick.
- Ask God to reveal to you wisdom in how to take care of your body.
- Commit to following the wisdom God gives you.
- Thank God that His grace for you includes healing your body.
- Thank Jesus for the opportunities He has planned for you.

Action Steps

- In your Healing University journal, write three ministry opportunities or ways you would like to serve God this week. Now make a list of foods you eat that build your body up to have strength and stamina to fulfill those opportunities. List foods you eat that do not build your body up and make you feel tired and run down. Ask God to bring you wisdom and resources to help you choose foods that will benefit your body. Write down each instruction and make a commitment to obey today!
- Do the same thing with your exercise and activities. What activities build strength and stamina to do the ministry God has called you to do?
- Settle in your heart that you are redeemed from the curse of sickness and God has

grace for any past poor choices you have made. Your body is a temple, and God will give wisdom to you about caring for your body. Examine your heart and, when you are ready, make the following declaration and don't waver from it:

I believe my body is God's temple, and God has grace and wisdom for me to take care of my temple. _____ (sign and date)

- Write your own answer to this question: *Is my diet important?*

Need prayer?

Please call **719-635-1111** for prayer or for more information on Charis Bible College.

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