

# Lesson 11

## Is My Diet Important?

Instructor:  
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### VIDEO OUTLINE

Note: All scriptures used in this lesson are quoted from the *New King James Version*.

- I. The whole spirit, soul, and body dynamic indicates God creates things after His own image. He is made of God the Father, God the Son, and God the Holy Spirit. So, God created you as a three-part being that He could demonstrate and live through all aspects.

*Now may the God of peace Himself sanctify you completely; and may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ.*

1 Thessalonians 5:23

- A. Your body is a temple of the Holy Spirit. That means we've got to steward it and give it to the leadership of Jesus Christ.

*I have been crucified with Christ; it is no longer I who live, but Christ lives in me; and the life which I now live in the flesh I live by faith in the Son of God, who loved me and gave Himself for me.*

Galatians 2:20

- II. Many people say, "I want Jesus, but I want to live like I want to in this world."
  - A. We overcome because of what Jesus did—by the blood of the Lamb. Because of the word of the testimony and what He's actively producing within my life, I have given my life so radically to the ownership of Jesus that I'm willing to die for Christ.

*And they overcame him by the blood of the Lamb and by the word of their testimony, and they did not love their lives to the death.*

Revelation 12:11

B. There's the dynamic that I have power, life, and victory in this finished work of God inside of me, but there's also the wisdom of stewardship over what God has entrusted me with in this body.

III. There are extreme dynamics that people will go to.

A. You can start to operate in a level of fear that every time you eat something, you're going to get cancer. Watch your words. There's life and death in the power of your words. Do not speak death over your body, and do not speak death over your children's bodies.

*Death and life are in the power of the tongue, And those who love it will eat its fruit.*

Proverbs 18:21

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B. When Jesus walked the earth, there was no processed food, yet He still went about healing the sick.

C. Understand sickness. The enemy doesn't care what your diet is; no matter how well you take care of your body, he wants to kill, steal, and destroy.

*The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and that they may have it more abundantly.*

John 10:10

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D. You can believe all sickness comes from food, so you worry and are aggressive regarding food because of fear. Or you can do a pendulum swing and go the other way: you can believe all sickness comes from the devil, so you just rebuke him and eat whatever you want, thinking it doesn't matter.

E. Find a balance between the two. Yes, God only looks at the spirit, but recognize there might be some unhealthy things out there. Ask the Lord for wisdom.

IV. Don't just think that your diet is the only thing that matters.

*But He answered and said, "It is written, 'Man shall not live by bread alone, but by every word that proceeds from the mouth of God.'"*

Matthew 4:4

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- A. It's not just the bread you eat, it's the understanding the Word of God that sustains you and gives you wisdom for how to walk in this present life.
  - B. Because of the lies of the enemy, you and I can make some bad choices with our health and accept sickness.
- V. Just like God's grace and forgiveness are enough to forgive us of our sins, God's grace and power are able to heal our bodies from bad choices.
- A. Say, "Lord, despite my bad choices, You can heal my body." The same grace that redeems your spirit and transforms your mind has the ability to equip you in your body now as a temple of the Holy Spirit.

*For the grace of God that brings salvation has appeared to all men, teaching us that, denying ungodliness and worldly lusts, we should live soberly, righteously, and godly in the present age, looking for the blessed hope and glorious appearing of our great God and Savior Jesus Christ, who gave Himself for us, that He might redeem us from every lawless deed and purify for Himself His own special people, zealous for good works.*

Titus 2:11-14

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- B. Wake up in the morning and say, "Lord, what's Your plan? How do You want me to live today? What do You want me to do?"
- C. If you aren't healthy, you'll come to places of wisdom and opportunity, but your physical body won't be able to let you walk into them.
- D. Some people will allow age to disqualify them from certain opportunities or believe, "When I get older, I won't be able to do those things." We, with the grace of God, can learn to steward our temple.
- E. There are things that God has planned for you, and you have disqualified yourself because you've accepted that your body would never allow you to do it. You can experience a miracle. The grace of God and the leading and guiding of the Holy Spirit can teach you how to lead your body, how to eat, how to sleep, how to rest, and how to steward your temple so that you're ready for God's plans.
- F. There is wisdom that God can give you right now. You don't have to be frustrated that you're too far gone. Start today.

VI. Ask the Holy Spirit, “Could You help me make wise decisions today?”

*When He had called the multitude to Himself, He said to them, “Hear and understand: Not what goes into the mouth defiles a man; but what comes out of the mouth, this defiles a man.”*

Matthew 15:10-11

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- A. God can teach you what to eat. God wants to teach your heart. More than just surrendering your diet to the Lord, are you willing to surrender your life to Him?
- B. In the same way we talk about finances, relationships, callings, jobs, and purpose, let’s bring our diets and bodies into surrender to God and say, “Lord, if there’s something that needs to be adjusted in my life, here it is. I give it to You.”
- C. Rest is important to God because if you are not rested, it is much easier to get into the flesh.
- D. Be wise with your time.

*See then that you walk circumspectly, not as fools but as wise, redeeming the time, because the days are evil.*

Ephesians 5:15-16

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- E. There’s a rhythm for your diet, your body, and your exercise that God has for you—find this balance.
- F. All things are permissible, but not all things are beneficial. This means that if do not take care of your body, you’re not going to feel well. You won’t be able to walk through some of the doors that God has for you because the devil’s going to tell you that your body’s disqualifying you from the call of God on your life.

*All things are lawful for me, but not all things are helpful; all things are lawful for me, but not all things edify.*

1 Corinthians 10:23

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- G. Your past doesn’t define your future. Right now, make a decision and God can do some great things through you—spirit, soul and body—in this world, for such a time as this.