

THE WAY JESUS APPROACHED FOOD

Mike Howerton - Lead Pastor

When they got there, they found breakfast waiting for them—fish cooking over a charcoal fire, and some bread. “Now come and have some breakfast!” Jesus said. None of the disciples dared to ask him, “Who are you?” They knew it was the Lord. Then Jesus served them the bread and the fish. John 21:9,12,13 NLT

Eat like Jesus... _____

_____ **Up**

_____ **Well**

Jesus said to her, “Everyone who drinks of this water will be thirsty again, but whoever drinks of the water that I will give him will never be thirsty again. The water that I will give him will become in him a spring of water welling up to eternal life.” John 4:13-14 ESV

Trim _____ **Intake**

“I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but not everything is constructive.

1 Corinthians 10:23 NIV

Skip the _____

Eat _____ **you get hungry**

Eat when you _____

...so that you may live a life worthy of the Lord and please him in every way: bearing fruit in every good work, growing in the knowledge of God, being strengthened with all power according to his glorious might so that you may have great endurance and patience, and giving joyful thanks to the Father, who has qualified you to share in the inheritance of his holy people in the kingdom of light. Colossians 1:10-12 NIV

Measure what _____

Take _____

But I say, walk by the Spirit, and you will not gratify the desires of the flesh.
Galatians 5:16 ESV

_____ **Yourself Often**

_____ **is kind of a Lie**

How do you know what your life will be like tomorrow? Your life is like the morning fog—it's here a little while, then it's gone. What you ought to say is, "If the Lord wants us to, we will live and do this or that." James 4:14,15 NLT

So, whether you eat or drink, or whatever you do, do all to the glory of God.
1 Corinthians 10:31 ESV

Therefore do not be anxious, saying, 'What shall we eat?' or 'What shall we drink?'...
Matthew 6:31 ESV

FREE Options to MOVE into March Wellness:

- 1-Month Free Membership to Redmond Athletic Club
(cards available in the Main Hallway)
- Shelly Campbell's Zumba Class
(Mondays & Wednesdays @ 12pm in the OCC Gym)
- Cardio and Pilates at OCC
(see handout for current times)
- Sammamish River Trail
(connecting to the Burke-Gilman Trail) 30 Miles traffic-free
- 7-min.com (Seven Minute Workout)