

Feeding the Spirit

Vs.

Feeding the flesh / body



1. Complete the following cloze passage with words based on the topic above.

balanced, communicate, food, fruits, healthy, spirit

We should feed our _____ like we feed our body. Prayer is how we _____ with God but a _____ lifestyle and a _____ diet help maintain a temple for the Holy Spirit. Therefore, _____ is important; both spiritually and bodily.

2. Select the correct answers in the following sentences.

- A. We should choose higher fiber (fats / carbohydrates).
- B. Spend time (ignoring / feasting on) the Word of God.
- C. The Word of God can (strengthen / weaken) our spirit.
- D. The best sugar is (free / natural).
- E. (10g / 6g / 4g) of salt is about a teaspoonful.