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.

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