

## **PUT OFF YOUR OLD SELF**

You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness. Therefore each of you must put off falsehood and speak truthfully to your neighbor, for we are all members of one body. *Ephesians 4:22-25*

### **Feeding your Spirit:**

#### **Pray:**

- Prayer is how we communicate with God. There is power in prayer, and you better believe it feeds your spirit to spend time praying. Simple as sharing your heart with the Lord.
- The more you do this the more your prayer life will become like an ongoing conversation with the Lord that keeps your spirit fed daily.

#### **Worship:**

- We were made for worship. Worship is a powerful way to feed your spirit. This can be in a church setting, in your car, in your home, at your workplace.

#### **Read the Word:**

- The bible is the living Word of God. Reading it empowers and strengthens our spirit.

#### **Give Thanks:**

- Psalms 106:1 says, "Praise the LORD. Give thanks to the LORD, for he is good; his love endures forever."
- Being thankful feeds your spirit because when you are thankful you are living as you were always meant to live. "Give thanks in all circumstances; for this is God's will for you in Christ Jesus." 1 Thessalonians 5:18

#### **Attend Sunday school:**

- Attending Sunday school / church is a great way to nourish and feed your spirit.

#### **Meditate on Scripture:**

- When we spend time meditating on scripture, we allow our spirit to govern our minds rather than our flesh.

#### **In Conclusion:**

- Spend time feasting on the Word of God and watch your spirit come to life.

## **Feeding the flesh / body, the body is a temple for the Holy Spirit:**

Healthy lifestyle balanced diet:

### **Carbohydrates:**

Choose higher fiber or wholegrain varieties, such as whole-wheat pasta, brown rice or potatoes with their skins on. They contain more fiber than white or refined starchy carbohydrates and can help you feel full for longer.

### **Eat lots of fruit and veg:**

It's recommended that you eat at least 5 portions of a variety of fruit and veg every day. Why not chop a banana over your breakfast cereal, or swap your usual mid-morning snack for a piece of fresh fruit?

### **Eat more fish:**

Fish is a good source of protein and contains many vitamins and minerals.

### **Saturated fat:**

You need some fat in your diet, but it's important to pay attention to the amount and type of fat you're eating. There are 2 main types of fat: saturated and unsaturated. Too much saturated fat can increase the amount of cholesterol in the blood, which increases your risk of developing heart disease.

On average, men should have no more than 30g of saturated fat a day. On average, women should have no more than 20g of saturated fat a day. Children under the age of 11 should have less saturated fat than adults, but a low-fat diet is not suitable for children under 5. Saturated fat is found in many foods, such as:

fatty cuts of meat, sausages, butter, hard cheese, cream, cakes, biscuits, lard, pies

### **Sugar:**

Regularly consuming foods and drinks high in sugar increases your risk of obesity and tooth decay. Free sugars are any sugars added to foods or drinks, or found naturally in honey, syrups and unsweetened fruit juices and smoothies. This is the type of sugar you should be cutting down on, rather than the sugar found in fruit and milk. Many packaged foods and drinks contain surprisingly high amounts of free sugars. Free sugars are found in many foods, such as: sugary fizzy drinks, sugary breakfast cereals, cakes, biscuits, pastries and puddings, sweets and chocolate. Food labels can help. Use them to check how much sugar foods contain. More than 22.5g of total sugars per 100g means the food is high in sugar, while 5g of total sugars or less per 100g means the food is low in sugar.

**Eat less salt:**

Even if you do not add salt to your food, you may still be eating too much.

About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces.

**Use food labels to help you cut down.**

More than 1.5g of salt per 100g means the food is high in salt. Adults and children aged 11 and over should eat no more than 6g of salt (about a teaspoonful) a day. Younger children should have even less.

**Get active:**

As well as eating healthily, regular exercise may help reduce your risk of getting serious health conditions. It's also important for your overall health and wellbeing.

**Do not get thirsty:**

You need to drink plenty of fluids to stop you getting dehydrated. It recommends drinking 6 to 8 glasses every day. This is in addition to the fluid you get from the food you eat.

Remember to drink more fluids during hot weather or while exercising.

**Do not skip breakfast:**

Some people skip breakfast because they think it'll help them lose weight.

But a healthy breakfast high in fiber and low in fat, sugar and salt can form part of a balanced diet, and can help you get the nutrients you need for good health.

A whole grain lower sugar cereal with semi-skimmed milk and fruit sliced over the top is a tasty and healthy breakfast.

# 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.  
What does not apply. \_\_\_\_\_

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.