Fasting or Feasting: A Holistic View of Food, Fitness, and Faith

**Opportunities**

* Food
	+ Alternative cooking methods
		- Baked, sauted, steamed, grilled
	+ Simplified foods
		- Fresh fruits & veggies
		- High quality vs high quantity
		- Proper portions
	+ Our bodies need nutrients, not just flavors
	+ Car Analogy
		- Fuel for cars – Proper fuel = proper function
	+ Scripture focus
		- Romans 14:1-4
		- Leviticus 11
		- Joshua 5:10-12

**Questions to Reflect Upon:**

* What flavors do you enjoy the most?
* How might you incorporate those flavors into quick and simple meals?
* Are you able to fully “taste” the food you eat?
* What “regulations” have you become accustomed to regarding food?
* How has that impacted your current views surrounding food?
* What is one adjustment you might consider to help with having a more holistic view of food?