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?