

MINDSET

CareView Community Church

ADULT LESSON PLAN

A FRIEND OF MINE

told me a story about why his grandmother, who went to be with the Lord at age 97, never ate most southern foods even though she was from the South. When asked why by her grandchildren her response was "The last time I saw my Daddy was when they strung him up on a tree and burned him alive. They would force us to eat this stuff you children are eating now. Once I got free I vowed never to eat that stuff again."

GALATIANS 5:1

"It is for freedom that Christ has set us free. Stand firm, then, and do not let yourselves be burdened again by a yoke of slavery." My friend's grandmother grasped in her mind that she was free and decided that she would not eat like a slave.

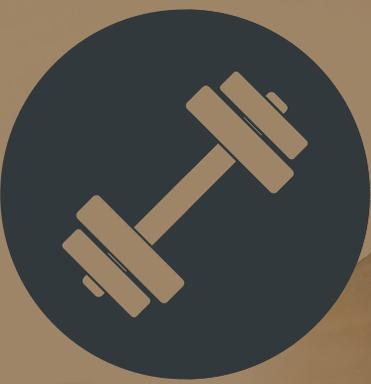
IN EXODUS 16

When God freed Israel from slavery to Egypt, he gave them a new food to eat. They looked at it and called it manna - which means "What is it?" Perhaps God was trying to change their mindset on many levels. He would constantly exhort them to stop thinking like slaves and live according to the guidelines he gave to keep them free.

1 CORINTHIANS

6:19,20

"Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies."



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MANY OF US

have received dietary traditions that were passed down to us from older generations and we don't question the value of these traditions, but we should. When we look at the alarming statistics of diabetes, hypertension, heart disease, and arthritis in our communities we need to stop and ask ourselves why. We need to think differently from what we always say - "Diabetes/High blood pressure runs in my family." Science tells us that it's only the traditions that we carry on that result in poor health and disease that run in our family.

WE EACH HAVE CONTROL OF OUR HEALTH

by what we do to attend to it daily. We need to change our mindset and think differently about our health because it's important. It's part of how we live this life of following Christ. It's part of our testimony. It will take some effort as the formation of every good habit does, but we can do it.

HEBREWS 12:11-12

reminds us that "No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees." We will reap a harvest of good health, vitality, and better quality of life by committing to going on this journey of better health. It's so worth it. Together we can do this.

GO DEEPER

Meditate on these passages of Scripture and see what God reveals.

Deuteronomy 34:7; Exodus 16:15; Numbers 11:4 – 6