



Welcome to Week 7, Lesson 1 of Faith & Fit! We are at the half way point in our study! Jane and I pray that you are on your way to establishing healthy habits! Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: _____

Please read Genesis 1:27-31 in two different versions of the Bible:

So God created man in His own image; in the image of God He created him; male and female He created them. 28 Then God blessed them, and God said to them, "Be fruitful and multiply; fill the earth and subdue it; have dominion over the fish of the sea, over the birds of the air, and over every living thing that moves on the earth." 29 And God said, "See, I have given you every herb that yields seed which is on the face of all the earth, and every tree whose fruit yields seed; to you it shall be for food. 30 Also, to every beast of the earth, to every bird of the air, and to everything that creeps on the earth, in which there is life, I have given every green herb for food"; and it was so. 31 Then God saw everything that He had made, and indeed it was very good. So the evening and the morning were the sixth day.

In whose image were we created?

If we are the image of God, how should we treat our bodies?

What commands did God issue after creating man?

After God created us in His image what did He do for mankind 28?

How has God blessed you?

What did God give man in verse 29? Make a list in the space below:

God gave us food as a gift, not a curse. We should not be controlled by food, but use it as the blessing it is. Review verses 28-29 and circle every word that applies to food or describes food.

God has given us fruit and He in turn expects us to be fruitful. Our time on earth is not to be spent in idleness or selfishness but fruitfulness.

Think about your life for a moment. In what area are you the most fruitful?

What can you do to become more fruitful?

In order to produce more fruit, farmers prune their trees. God has given us fruit and He in turn expects us to be fruitful. Our time on earth is not to be spent in idleness or selfishness but fruitfulness.

Is there something in your life that needs pruning so you can become more fruitful?

What did God say about the food that he gave to mankind (verse 31)?

Food as God made it is very good. In Hebrew *good* means *pleasant, excellent, rich, valuable*. Food is something God has given us to enrich our lives.

God's food is not wrapped in boxes, tin foil or plastic. Neither is it genetically altered, bleached, preserved or modified. The food **God** has given for man to eat, thrive and multiply is good. This week focus on the blessing of God's food and eat fresh!

Thank you for joining us today! See you on Lesson 2!