

Bible Study 5

Topic: Too Much a One Ting Good Fi Nutten - Part II

Transitioning from the Sermon

A. The Main Points of the Sermon

1. Let us debunk the myth that big is best.
2. There is a limit to the quantity of food consumed that the body can process efficiently.
3. Loss of control which results in gluttony and drunkenness is a demonstration of deteriorating self-management and a sign of the diminishment of one's sense of self.

B. Conclusions of the Sermon

Demanding smaller portions is a good start. It will both make sure that what we have in your pantry lasts longer and that we are around to enjoy it. Gluttony and overfeeding defeat the purpose of a meal by unmindfully being pre-occupied with only ourself and our desires, to the neglect of all else, including your own health. And very importantly, if we consume less, we are leaving some to share with others, to ensure that our gluttony does not exacerbate other people's hunger and it will leave you space to be more mindful and sensitive to others. Let us manage your portions, it can save our lives.

Scripture Readings Proverbs 23:20-21; 25:16 (NIV)

Prov. 23:

- ²⁰ Do not join those who drink too much wine
or gorge themselves on meat,
²¹ for drunkards and gluttons become poor,
and drowsiness clothes them in rags.

Prov. 25:

- ¹⁶ If you find honey, eat just enough—
too much of it, and you will vomit.

Learning Objectives

By the end of the session the congregation will:

1. Demonstrate understanding of triggers for eating
2. Examine link between eating and mental health
3. Describe tips to avoid stress eating

Material Needed

1. PowerPoint Presentation
2. Laptop
3. Projector and Screen
4. Zoom account or other online platform such as Microsoft Teams if studies are conducted online

Introduction

In our previous study (Bible Study 4) we looked at bad nutrition. We found that the two food items could serve as representatives of food in general in their usefulness when they are used in an informed and moderate way. If we do not have a proper attitude and approach to food, however, there will be dire consequences for our health. In this lesson we will focus on the consequences of bad nutrition.

“We are what we eat” is an often-quoted truth by the host of a Jamaican radio show “*An Ounce of Prevention.*” It is safe to say that this was another way of saying if we eat in an unhealthy way, the consequence will be an unhealthy life. Conversely, if we eat in a healthy manner, the result will be positive. The important thing, therefore, is to eat what will provide positive nutritional value.

Exposition of the Text

Hebrew culture was filled with opportunities for fellowship. In ordinary Hebrew life, food and drink played important roles. The invitation to a meal was an important symbolic gesture which was indicative of trust and peace. In fact, the Hebrews celebrated several feasts throughout the year. These events were both religious observances as well as social events. Large crowds would gather for extended periods for the solemn assemblies and the attendant festivities. Food and drink therefore, had a prominent place in the life settings of the Hebrew people. However, excesses in eating and drinking were not tolerated. Joy and merriment were good; but wantonness and overindulgence were unacceptable. This was because it went against the grain of the ethos of holiness and upright living which were the foundation of Hebrew life. They were the people of God who were to live in a manner which reflected the religious principles and moral values which God had given to them. The Proverb seeks to expand the abhorrence of overindulgence and states more specifically that the drunkard and glutton will reap a painful outcome.

Focus on the Main Point

The “cause and effect” relationship between unhealthy eating and living is established in the text. It declares that the result of drunkenness and gluttony is impoverishment. The proverb is intended to point to the loss of direction and the waste of resources which result from overindulgence. As we established in the previous lesson, the **cause** is a combination of poor choices and reckless actions regarding nutrition. Let us now examine more closely the **effect** or consequences of these choices and actions.

Video

Good and bad nutrition. Triggers for unhealthy eating. What is stress eating? How to avoid stress eating

Activities: 10 minutes

Activity 1

Take a look at the following articles and discuss the impact of the proverb **“Too much a one ting good fi nutten”**:

1. <https://jamaica-gleaner.com/article/lead-stories/20161218/drunk-and-driving-christmas-clamp-down-police-try-reduce-road-carnage>
2. <https://jamaica.loopnews.com/content/your-weekend-drinking-could-have-serious-health-implications>

Activity 2

Keep a food journal for a week, (when, where and what they eat) using the following activities:

- Track the things they eat by reading labels for contents;
- Measure portions consumed;
- Comparing processed and organic contents in their diet.

Conclusion

There is a clear need for decisive and purposeful approaches to the bad nutrition problem. This must include policy makers (Ministry of Health and Wellness (MOHW), Non-Governmental organizations (NGOs) and Faith-Based Organizations (FBOs) in creating an environment that fosters engagement on this issue and providing the access to the resources, educational and otherwise, which are needed for these policies to have positive effects. At the individual level, we all must take responsibility for our nutrition and embrace as far as possible, healthy dietary practices.

Closing Ritual

The Good Nutrition Pledge

God has blessed me with this incredible gift, a body that is “fearfully and wonderfully made.” (Ps. 139:14 KJV). I have been given stewardship over my body which is the temple of the living God (1 Cor 6:19). I pledge to be watchful over the health of my body, God’s gift to me for the enjoyment of life on earth. I pledge to nourish and preserve my body’s health with healthy food and adequate sleep. I pledge to avoid and refuse poisonous food, no matter how attractive they appear or how tasty they may be. I refuse to be governed by cravings for bad food and instead, to exercise my God-given will to eat only good nutritious food that I am able to afford. This is wisdom and I endorse this message!