

Bible Study 6

Topic: **Bread of Life**

Transitioning from the Sermon

A. The Main Points of the Sermon

1. The importance of healthy eating
2. The benefits that can come from eating healthy
3. Consider Healthy Choosing

B. Conclusions of the Sermon

When we become accustomed to the sacrifice and the price to be paid for healthy living and have chosen to develop the habit of healthy choosing, it becomes second nature to seek out the options that will improve our health and not be willing to compromise our health. Let us choose Jesus and pursue good health. Jesus offers what the world and its delicacies cannot. He is the Bread of Life and is not to be confused with the world's delicacies of death. Let us choose Jesus today and every day.

Scripture Readings John 6:35;

³⁵ Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Eccl. 9:7

⁷ Go, eat your bread with enjoyment, and drink your wine with a merry heart; for God has long ago approved what you do.

Learning Objectives:

The congregation will be able to:

1. Describe the Daniel fast as a way to eat the basics
2. Discuss the benefits of healthy eating for sake of their spiritual life
3. List various foods as medicine

Material Needed

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

Introduction

The physical health of a human being is largely determined by the “bread” that is consumed. There is a wide array of food types and groups from which to choose and with improvements in food technology, the options are now endless. However, care must be taken to determine that the food that is consumed is healthy. What is healthy food? How do we determine what constitutes healthy food? Any determination of what comprises healthy eating and the benefits of healthy eating must begin with an understanding of the composition of food. Bread is one of a number of food groups which has been consumed for hundreds of years and is a prominent ingredient in a number of religious rituals. What is this “bread” which we consume? Does it really support “life?” In this lesson bread is understood as a food made of wheat and other ingredients which provide both physical and spiritual nutrients. We will explain the meaning of healthy eating for the purpose of a healthy lifestyle and discuss the benefits of healthy eating for sake of our physical and spiritual life.

Understanding the Text

The two passages mentioned earlier speak to the issue of the sustenance of life both physically and spiritually. Jesus had fed five thousand people through a miracle from a little boy’s lunch of five loaves and two fish. Soon after the people were in search of him; Jesus stated that they were clamouring for him to get more food. Their focus was therefore on maintaining access to the food which they had received from Jesus. However, he pointed their attention, to a bread which nourished deeper hunger and sustained deeper life. The text therefore places value on physical food while at the same time carrying deep spiritual undertones. However, we can say the shift which Jesus wanted the people to make was a qualitative one, from mere food to “bread” which supplies, supports and sustains life. This qualitative approach to life, whether in spiritual, mental or physical respects is the point which this lesson is about. The admonition which is presented is that when it comes to food we are to choose the best and most nutritious options at all times.

What can we learn?

To eat healthy is a choice which we must make in order to enjoy a good quality of life. This is the point being made by the writer of the book of Ecclesiastes in saying, “Go, eat your bread with enjoyment, and drink your wine with a merry heart; for God has long ago approved what you do” (Eccl. 9:7). In a context in which Israel was rebuilding its life after exile the book of Ecclesiastes reflects a generally very pessimistic outlook on life with words such as “vanity of vanities; all is vanity and a chasing after

the wind” (Eccl 1:2), nonetheless there are useful insights which point to hope in the midst of despair and one such positive outlook is the importance of eating right in order to maintain a good quality life.

Focus on the Main Point

What can we be thankful for?

Bread of life is both physical and spiritual food which supplies, supports and sustains life. This means the choices we make regarding our “bread” will determine the state of health which we will enjoy. Bad thoughts and evil mentalities – which “come out” - will corrupt the soul just as bad food – which “goes in” will destroy the body, the temple for God. Hence, eating both physical and spiritual food serve to maintain a balance between matter and spirit or the bread of life. The imperative/injunction, therefore, is to embrace the food/bread that enhances life (supplies, supports and sustains it) and to reject everything that is harmful to life/human flourishing. Lots of “bread” are available and there are many to choose from but we must opt for that which gives life (physical, spiritual, emotional, etc).

Application

What can we commit to?

The Food and Agriculture Organization (FAO) has been promoting the importance of food composition data for the planning and implementation of strategies at the national level to address nutrition. In at least one Caribbean country, a media campaign that has been initiated to expose the public to the need for and benefits of adequate labelling by food manufacturers and distributors in order to enhance healthy food choices by consumers. The campaign insists that the public has a right to know what is in the food that they are being sold. This points to the fact that while food is basically comprised of fibre and nutrients, there are also many additives such as preservatives, sweeteners, salt, trans fat and stabilizers which food manufacturers incorporate in processed food to improve its longevity or taste.

To think about:

The nutrients in our food provide different benefits which our bodies need for proper functioning. It is important that we know the available nutrients which can be found in our foods and consume those which give the greatest nutritional benefits. These are foods which are generally low in sugar, sodium, starches, bad fats and calories and are rich in vitamins and minerals. We should try to eat a variety of such foods especially those containing different minerals and vitamins.

Video

Staples and their benefits to our bodies. What are the basic foods in the Daniel fast? Individual foods and their benefits. Food as medicine/Nutrients in foods

Activities

Activity 1

Watch this video on Guidelines covering the Daniel Fast-

<https://www.youtube.com/watch?v=yCLrOX6rfaA>.

Consider the following questions:

1. How likely are you to engage in this type of fast for seven days?
 - a. YES, I have already done this for MORE than seven days.
 - b. YES, I have already done this, but for LESS than seven days.
 - c. NO, but I intend to do this in the next 30 days.
 - d. NO, but I intend to do this in the next 6 months.
 - e. NO, and I do NOT intend to in the next 6 months.
2. How likely are you to engage in this type of fast for 21 days?
 - a. YES, I have already done this for AT LEAST 21 days.
 - b. YES, I have already done this, but for LESS than 21 days.
 - c. NO, but I intend to do this in the next 30 days.
 - d. NO, but I intend to do this in the next 6 months.
 - e. NO, and I do NOT intend to in the next 6 months.

Activity 2

What is in our foods? Take a look at the list of additives that food manufacturers put in food:

<https://mywholefoodlife.com/2012/10/15/common-food-additives-in-processed-foods/>

Consider the list of additives above and discuss the following questions in your group?

1. Which additives do you use the most? Which ones do you consider the most dangerous? Which one is the easiest to eliminate from your diet?
2. How likely are you to eliminate it from your diet starting today?
 - a. Very Likely
 - b. Somewhat likely
 - c. Not Likely
 - d. Very unlikely

Activity 3

Watch the video in the following link which discusses the 5 food groups.

<https://www.youtube.com/watch?v=L9ymkJK2QCU>.

Explain the importance of the food groups and give examples of local foods which fit into each group. To assist the discussions, use the table below for ease of reference.

The Nutritional Value of Main Food Groups

Food Group	Nutrients	Nutritional Benefit
Protein Foods beans nuts seeds fish meat eggs	Proteins B vitamins Vitamin E Iron Zinc	<ul style="list-style-type: none"> Proteins and their constituent amino acids are the building blocks of the body, forming the tissue that makes up bones, muscles, skin, organs and hair. They are crucial for healthy immune function. Aid metabolism and energy production Provide antioxidants that fights free radicals provide muscles with oxygen protein synthesis muscle and nerve control blood sugar regulation Support healthy immune function and wound healing
Healthy Whole Grains Barley Brown rice Buckwheat Bulgur (cracked wheat) Millet Oatmeal Popcorn Whole-wheat (bread, crackers)	dietary fibre carbohydrate magnesium, B vitamins Selenium	<ul style="list-style-type: none"> Provide energy lower cholesterol help digestive system support reproduction protect against oxidative damage and infection reduce the risk of heart disease and diabetes support healthy metabolism
Fruits and Vegetables Apples	Vitamin A Vitamin C	<ul style="list-style-type: none"> fight disease balance sodium in the blood aid in nerve and muscle function aid growth and development

Bananas	Minerals	<ul style="list-style-type: none"> prevention of birth defects
Blueberries	Fibre	
Broccoli	Antioxidants	
Carrots	Potassium	
Cauliflower	Folate	
Mangoes		
Pears		
Peaches		
Healthy Fats/Oils (mono-unsaturated and poly-unsaturated fats)	Nuts Seeds fatty fish	<ul style="list-style-type: none"> optimal functioning of your heart and brain lower bad LDL cholesterol raise healthy HDL cholesterol
Healthy Dairy Milk yogurt kefir	Calcium vitamin D probiotics	<ul style="list-style-type: none"> strengthen bones improve gut health

Conclusion

Healthy eating is a choice which we must make in order to enjoy a good quality of life. We can avoid many of the pitfalls of a poor diet if we decide to give close and careful attention to the food which we consume and ensure that we follow guidelines for good health. In addition, healthy eating is a spiritual as well as a physical matter as each compliment the other for living the best life.

Closing Ritual

Gracious God, We thank you for the benefits of good food and good health. Help us to resolve to consistently seek to ensure that our diets are in keeping with the requirements for a healthy life. Give us the courage and strength to resist the unhealthy food which are around us and to encourage each other to make healthy choices.

Amen