

# Devotional – Food

SFOIF



Sports & Fitness

Core I: Nutrition & Fitness

## Opening

- We learned today how to take care of our bodies, now let's see what the Bible says about what we eat.
- *Read, or someone read the Teaching verse. FYI: The memory verse is further down*

### Genesis 1:29

Then God said, "See, I give you every seed-bearing plant on all the earth and every tree that has seed-bearing fruit; it shall be food for you;"

## Devotional

### Big picture

Remember that God has given us food to eat. But don't eat too many sweets.

- Q: What is your favorite candy? (or tell what your favorites are)
- Q: Have you ever gotten a tummy ache from eating too many sweets? (or tell if you have)
- Q: Does God tell us never to eat sweets? (No! God says choose food wisely like the food pyramid)
- We learned today that we need to take care of our bodies by eating good food and exercising.
- Q: Why is it hard to have self-discipline over food and fitness? (lazy, want our way, sinful, etc)
- The Teaching verse tells us God created and gave to us good food that will surely keep us healthy.
- The opposite is also true, eating too much bad food will surely make us unhealthy.
- We need to remember what food we put into our bodies is up to us. We have a choice.
- Now, you have no excuse, we have taught you the good food, to eat more of and the bad, to eat less of.
- What you do with that information is up to you and will have consequences (good & bad) in your life.
- The same is true for exercising your body to keep yourself strong and healthy.
- You have a choice. It's up to you. You can choose to sit around all day doing nothing or you can choose to go outside and play or do something else active.
- Playing sports and exercising (physical fitness) are two great ways to stay strong and healthy.
- You don't have to be great at sports or exercising to have fun. Walking, swimming, hiking, running, canoeing, sailing, birdwatching, sightseeing, riding bikes, and camping are just a few of the many great ways to get outdoors and exercise.
- Everything is about moderation—making wise choices. Your parents are here to help you choose wisely.
- You can play some video games and you can eat some sweets. Have fun! But don't overdo it.
- Remember, God made good food. He gave it to us, and even told us what it was. He assures us it is good for us...IF we just choose wisely to follow His plan. Isn't He a wonderful Father? He has provided for all our needs. From the start of creation in Genesis until today, God has provided for us.

## Memory Verse #1:

*Ask if anybody knows it yet and can say it? Read it together 2X Consider having a memory verse pamphlet for kids take home.*

### John 14:6

Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through me."

## Topical Questions

1. **1 Cor 6:19 says we should honor God with our bodies, today how did you learn to honor God thusly?**
2. **Proverbs 25:27 says that we should not eat too much honey. Do you think God meant only honey?**
3. **Proverbs 20:13 says too much sleep is bad. Why is too much sleep bad for us?**
4. **John 3:16 says God provided for our eternal life in heaven, the verses today say He provides for this life.**

## Closing Prayer

Dear Father God, so many times you have provided so many good things for us. You are the perfect Father. We thank you, Lord, for making the earth so wonderful. Summer is not too hot, winter not too cold, the grass not too hard. You must love us so much for making such a wonderful place for us to live. Help us to remember Your goodness, and in response, to honor you with our bodies. In Jesus' name we pray. Amen!

Devotional SFOIF Version Date: 2/26/2022

We welcome suggestions for improvements to this lesson to [woodlands.worthy.life@traillife613.org](mailto:woodlands.worthy.life@traillife613.org).

View devotional online at <https://www.traillife613.org/woodlands-trail-devotionals/fox/food-sports-fitness-fitness-nutrition>



