# Growth: Food, Faith, and Freedom from Gluttony



A 21-day journey exploring a healthy, Godhonoring relationship with food through Scripture, faith, and freedom from gluttony.





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#### Introduction

Welcome to your 21-day journey of spiritual and personal growth focused on food, faith, and freedom from gluttony. In our fast-paced world, food is often more than sustenance; it can become a source of struggle, distraction, or even bondage. This study invites you to explore how God's Word guides us to a healthy relationship with food—one that nurtures body and spirit.

Over these three weeks, you will discover foundational truths about growth in faith and self-control, understand the spiritual roots of gluttony, and learn to surrender your habits to God's transforming power.

Each day's devotional is grounded in Scripture and designed to speak to your heart. You will examine food not only as nourishment but also as a reflection of your spiritual health. As you lean into God's wisdom, expect to experience freedom—freedom to enjoy food without guilt, freedom to trust God rather than cravings, and freedom to honor Him with your whole self.

This is more than a diet or a set of rules—it's a call toward holistic growth, where faith impacts every bite you take and every choice you make.

Prepare to be encouraged, challenged, and renewed. With every Scripture and reflection, you are stepping closer to a deeper intimacy with Christ, who satisfies every hunger and frees us to live abundantly.

May this journey bring you peace, strength, and a fresh perspective on God's provision in your life.















#### Your Verse

Genesis 1:29 - Then God said, "I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food."

#### **Supporting Scriptures**

- 1 Corinthians 10:31 So whether you eat or drink or whatever you do, do it all for the glory of God.
- Proverbs 25:27 It is not good to eat too much honey, nor is it honorable to search out matters that are too deep.







### Devotional: Created to Enjoy Food with Balance and Gratitude

Our journey begins at the very start of Scripture, where God introduces food as a gift for sustenance and enjoyment. In Genesis 1:29, God provides plants and fruit for us to eat, establishing that food is a blessing from His hand. This simple provision reminds us that eating is inherently good, created with balance in mind.

However, balance is key. Proverbs cautions against overindulgence, and Paul urges us to do everything, even eating, to glorify God. This means our choices about food should reflect our faith and honor God as the source of all provision.

As you reflect today, consider how eating food can be an act of worship rather than indulgence or compulsion. God desires for us not just to consume, but to do so with intention, gratitude, and self-control.

Food is meant to nourish our bodies and delight our senses without becoming a master over us. The road to growth begins with this foundation: recognizing food as a good gift designed for balance and blessing.







#### Reflect and Apply

1.	How do I currently view the role of food in my life—as a gift or a burden?
	In what ways might I be overindulging or misusing food contrary to God's design?
3.	How can I begin to honor God through my daily food choices?







#### **Journaling Prompts**

	Write about your current relationship with food and identify any struggles.
2.	List three ways you can show gratitude to God through how you eat.
3.	Reflect on a recent meal—how could it have better honored God?







#### Prayer for Today

Heavenly Father, thank You for the good gift of food and the balance You designed for us. Help me to see eating as an act of worship and nourishment, not as a source of temptation or control. Teach me to honor You with every meal, and give me the self-control to enjoy Your provision without excess. Guide my heart to grow in faith and freedom in this area. In Jesus' name, Amen. Amen.







### Day 2: Faith and Food: Trusting God's Provision









Day 2: Taith and Food: Trusting God's Provision

#### Your Verse

Matthew 6:25 – "Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?"

#### **Supporting Scriptures**

- Philippians 4:19 And my God will meet all your needs according to the riches of his glory in Christ Jesus.
- Psalm 34:8 Taste and see that the Lord is good; blessed is the one who takes refuge in him.







Day 2: Faith and Food: Trusting God's Provision

#### Devotional: Learning to Trust God Over Appetite

Jesus' teaching in Matthew 6:25 confronts worries about daily needs, including food. When we struggle with food, often anxiety or fear about provision is at the root. Gluttony can mask deep fears about scarcity or satisfaction.

Today, growth begins with trusting God's faithfulness and provision. Philippians reminds us that God will meet all our needs abundantly, and Psalm 34 invites us to experience God's goodness directly.

Trusting God means releasing control over food and appetite and acknowledging that He alone satisfies every hunger. When faith grows in this area, freedom follows—we eat not from fear or craving but from peace in God's care.

How can you deepen your trust in God to provide what you need physically and spiritually? Let this truth reshape your daily habits as you grow.







Day 2: 🏳 Faith and Food: Trusting God's Provision

#### Reflect and Apply

1.	What fears or anxieties about food or your body might be affecting your eating habits?
2.	How does trusting God for your needs influence the way you eat?
	In what ways can you practice faith when you feel tempted to overeat or binge?







Day 2: 🏳 Faith and Food: Trusting God's Provision

#### **Journaling Prompts**

1.	Describe a time when God provided for you unexpectedly in the past.
2.	Write a prayer of surrender about your struggles with food and trust.
3.	Note any negative thoughts that come during meals and how you might replace them with faith.







Day 2: Taith and Food: Trusting God's Provision

#### **Prayer for Today**

**Lord,** help me to trust You more deeply with every area of my life, especially my relationship with food. Calm my fears and replace worries with faith that You will provide all I need. Teach me to find satisfaction in You alone, and grant me peace when temptations arise. Strengthen me as I grow in freedom and self-control. In Jesus' name, Amen.  $\square \bowtie \square$ 















#### Your Verse

Romans 12:2 - Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

#### **Supporting Scriptures**

- Philippians 4:8 Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.
- Psalm 119:11 I have hidden your word in my heart that I might not sin against you.







### Devotional: Transforming Your Mind to Overcome Gluttony

**Growth is impossible without changing how we think.** Romans 12:2 calls believers to renew their minds so they can discern God's will. Habits like gluttony often grow from unhealthy thought patterns about food, self-worth, and satisfaction.

Renewing your mind through Scripture is key to breaking these strongholds. Meditating on Philippians 4:8 encourages focusing on positive and pure thoughts. Psalm 119 reminds us to internalize God's Word as armor against temptation.

Today, commit to transforming your mindset—replace lies with biblical truth, confusion with clarity, and cravings with spiritual hunger. This mental renewal will bring freedom and help your faith grow stronger. Your mind is a battlefield where growth happens.







#### Reflect and Apply

1.	What negative or false beliefs about food and body do I need to replace with God's truth?
	How can memorizing and meditating on Scripture help reset my thinking?
	What practical steps will I take to guard my mind and thoughts around food?







#### **Journaling Prompts**

1.	Write down any recurring thoughts that lead to overeating or guilt.
2.	List Scriptures you can memorize to combat those thoughts.
3.	Describe how renewed thinking might change your food choices and emotions.







#### Prayer for Today

**Father,** renew my mind with Your truth today. Help me reject the lies I believe about food, body, and worth. Fill my thoughts with what is true, noble, and pure. Let Your Word take root deeply in my heart and bring transformation. Equip me to stand firm and live in freedom. In Jesus' name, Amen.















#### Your Verse

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.

#### **Supporting Scriptures**

- James 4:7 Submit yourselves, then, to God. Resist the devil, and he will flee from you.
- 1 Corinthians 10:13 No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear.







### Devotional: Freedom Comes Through Full Surrender to God

Gluttony is a form of slavery—an addiction that controls the appetite and hinders freedom. Galatians 5:1 reminds us that Christ sets us free from every yoke of bondage. Surrender is the gateway to that freedom.

Today, focus on surrendering your appetite and cravings to God. James teaches that submission to God empowers you to resist temptation. Remember, God will not allow you to be tempted beyond your ability, offering both strength and grace.

Let go of your desire to control food and trust God to lead you. Through surrender, you receive courage, endurance, and true liberty. This is a foundational step in healthy growth—releasing control and inviting God's rule.







#### Reflect and Apply

1.	What areas of my eating habits feel like a yoke or form of slavery?
2.	How willing am I to surrender control over food to God fully?
	What temptations do I face, and how can I lean on God's faithfulness through them?







#### **Journaling Prompts**

1.	Write a letter surrendering your struggles with food to God.
2.	List temptations you commonly face and ways God can help you resist.
3.	Describe what freedom through surrender would look like in your life.







#### Prayer for Today

**Lord Jesus,** I surrender my appetite and all my struggles around food to You today. Set me free from any bondage or control that food holds over me. Help me to stand firm against temptation and rely fully on Your strength. Thank You for Your unfailing faithfulness and grace. I choose to trust You with every part of my life. Amen.







# Day 5: Thealthy Habits: Glorifying God in Choices









Day 5: ( Healthy Habits: Glorifying God in Choices

#### Your Verse

1 Corinthians 6:19–20 – Do you not know that your bodies are temples of the Holy Spirit...? Therefore honor God with your bodies.

#### **Supporting Scriptures**

- Proverbs 23:20–21 Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor.
- 1 Timothy 4:8 Physical training is of some value, but godliness has value for all things.







Day 5: ( Healthy Habits: Glorifying God in Choices

### Devotional: Honoring God by Forming God-Honoring Habits

Our bodies are sacred—temples where the Holy Spirit dwells. Eating in ways that glorify God honors this truth. 1 Corinthians 6:19–20 calls us to treat our bodies with respect and care.

Healthy habits, including moderation and discipline, reflect this honor. Proverbs warns against excess, while 1 Timothy affirms that spiritual godliness surpasses physical training, but physical care still matters.

Growth means forming habits that reflect respect for God's gift of health without neglect or overindulgence. As you grow, ask God to help you create rhythms that nourish your body and glorify Him.

Intentional habits bring freedom and balance as you honor God day by day.







Day 5: 🖰 Healthy Habits: Glorifying God in Choices

#### Reflect and Apply

	What current habits around food either honor or dishonor my body as God's temple?
2.	How can I begin cultivating habits that nurture both my body and faith?
3.	In what ways is discipline a form of worship through healthy choices?







Day 5: 🖰 Healthy Habits: Glorifying God in Choices

#### **Journaling Prompts**

1.	Write about habits you want to develop that honor God physically.
	Identify habits that weaken your health or faith and plan how to change them.
	Reflect on practical ways to include prayer or Scripture in your meal routines.







Day 5: 🖰 Healthy Habits: Glorifying God in Choices

#### Prayer for Today

**God,** thank You for creating my body as a temple for Your Spirit. Help me to honor You by caring well for my body through balanced, healthy choices. Teach me discipline rooted in love for You, not obligation. Strengthen me to cultivate habits that reflect Your holiness and nurture my whole being. In Jesus' name, Amen. (\*\*)







# Day 6: A Walk in Self-Control: The Fruit of the Spirit









Day 6: Malk in Self-Control: The Fruit of the Spirit

#### Your Verse

Galatians 5:22-23 - But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control.

#### **Supporting Scriptures**

- 2 Timothy 1:7 For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline.
- Proverbs 25:28 Like a city whose walls are broken through is a person who lacks self-control.







Day 6: A Walk in Self-Control: The Fruit of the Spirit

# Devotional: Empowered by the Spirit to Practice Self-Control

Self-control is a spiritual gift and fruit of the Spirit, essential in overcoming gluttony. Galatians describes self-control as a mark of the Spirit's work in our lives.

God empowers us not with fear but with power and self-discipline, as 2 Timothy explains. Without self-control, we become vulnerable, like a city without walls.

Growth requires inviting the Holy Spirit to cultivate self-control in your heart. This is not mere willpower but divine strength that enables you to resist overindulgence, honor God, and live freely.

Practice walking daily with the Spirit's fruit, especially self-control, and watch your faith and freedom grow.







Day 6: 1 Walk in Self-Control: The Fruit of the Spirit

### Reflect and Apply

1.	How do I usually respond when cravings or temptations arise?
2.	What role does the Holy Spirit play in helping me exercise self-control?
	How can I rely more on God's power than my own strength in this struggle?







Day 6: 🥻 Walk in Self-Control: The Fruit of the Spirit

#### **Journaling Prompts**

1.	Write about times you successfully exercised self-control and how it felt.
2.	List the fruit of the Spirit and reflect on which you most want cultivated.
3.	Create a plan to invite the Spirit's help when facing food temptations.







Day 6: A Walk in Self-Control: The Fruit of the Spirit

#### Prayer for Today

Holy Spirit, fill me with Your strength and self-discipline today. Help me to bear the fruit of self-control and resist every urge that pulls me from Your freedom. Empower me to live in love, joy, and peace as I grow closer to You. Guide my steps and renew my heart. Amen. 🔪 🖰 😂















#### Your Verse

Proverbs 4:23 - Above all else, guard your heart, for everything you do flows from it.

#### **Supporting Scriptures**

- Proverbs 23:2 Put a knife to your throat if you are given to gluttony.
- Matthew 15:18 But the things that come out of a person's mouth come from the heart...







#### Devotional: Protecting Your Heart to Influence Food Choices

**The heart is the wellspring of life and action.** Proverbs 4:23 warns us to guard it carefully because everything flows from what is inside.

Gluttony speaks to a heart that is not guarded or wise. Proverbs 23:2 gives a stark warning about controlling appetite, which, though difficult, leads to life-giving victory.

Jesus teaches us that our words and actions reveal what is truly in our hearts. Growth demands wisdom to protect your heart through prayer, Scripture, and accountability.

Ask God today to help you guard your heart so that your food habits become a reflection of His wisdom and love.







### Reflect and Apply

1.	What is flowing from my heart that affects how I eat?
2.	How can I practically guard my heart against cravings and temptation?
	What wisdom from Scripture do I need to implement to protect my appetite?







#### **Journaling Prompts**

1.	Identify heart issues (stress, loneliness, fear) that lead to overeating.
2.	Write a prayer asking God to guard your heart in these areas.
3.	Plan accountability or spiritual disciplines to help protect your heart.







#### Prayer for Today

**Lord,** guard my heart above all else so that my thoughts, words, and actions honor You. Help me to gain wisdom in my food choices and to resist unhealthy cravings. Teach me to nurture a heart that is pure, focused on You, and strong against temptation. In Jesus' name, Amen.  $\heartsuit$   $\bigcirc$ 















#### Your Verse

John 6:35 - Then Jesus declared, "I am the bread of life. Whoever comes to me will never go hungry..."

#### **Supporting Scriptures**

- Psalm 107:9 For he satisfies the thirsty and fills the hungry with good things.
- Isaiah 55:2 Why spend money on what is not bread, and your labor on what does not satisfy?







## Devotional: Christ as Our True Sustenance and Satisfaction

Jesus declares He is the bread of life, the only true source of lasting satisfaction. Whatever struggles you face with food, this truth points you to a deeper hunger only He can fill.

Many turn to food seeking fulfillment, but Psalm 107 reminds us God alone truly satisfies. Isaiah warns us against chasing what cannot nourish.

Your identity and satisfaction in Christ dismantle the lies that drive gluttony. As you grow in faith, allow Jesus to become your source of strength and contentment before meals, cravings, and temptations arise.

Find your worth and joy fully in Him—there is no hunger He cannot satisfy.







### Reflect and Apply

1.	Where have I looked to find satisfaction instead of Christ?
	How can I remind myself daily that Jesus alone satisfies my deepest hunger?
3.	What steps can I take to build my identity more firmly in Christ?







#### **Journaling Prompts**

1.	Write about moments when Christ satisfied your spiritual hunger.
2.	List ways to practically seek Jesus before meals or during cravings.
3.	Reflect on how your identity in Christ influences your food habits.







#### Prayer for Today

**Jesus,** You are the bread of life. Satisfy the hunger in my heart and body today. Help me to look to You first for fulfillment and strength rather than food or other things. Root my identity deeply in You, that I live free from craving and full of Your peace. Thank You for being all I need. Amen.  $\square$   $\heartsuit$   $\bigwedge$ 







## Day 9: W Freedom Through Forgiveness









Day 9: 🖏 Freedom Through Forgiveness

#### Your Verse

1 John 1:9 - If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.

#### **Supporting Scriptures**

- Psalm 103:12 As far as the east is from the west, so far has he removed our transgressions from us.
- Isaiah 1:18 Though your sins are like scarlet, they shall be as white as snow.







Day 9: 🖏 Freedom Through Forgiveness

# Devotional: Embracing Forgiveness to Break Free from Guilt

Guilt often accompanies struggles with food and gluttony, keeping us trapped in shame. Yet God offers forgiveness and purification when we confess.

1 John 1:9 assures us of God's faithfulness to forgive and cleanse us. Psalm 103 and Isaiah 1 paint a beautiful picture of complete removal of sin and restoration.

Receiving this forgiveness frees you from condemnation and empowers growth. Today, surrender any guilt to God and embrace His cleansing grace.

Freedom is found in forgiveness, allowing you to press on in your journey without shame.







Day 9: 😂 Freedom Through Forgiveness

### Reflect and Apply

1.	What guilt do I carry related to eating or body image?
	Have I fully confessed these burdens to God and accepted His forgiveness?
	How does forgiveness empower me to continue growing rather than repeating old patterns?







Day 9: 😂 Freedom Through Forgiveness

#### **Journaling Prompts**

	Write a confession of struggles related to food and ask for God's forgiveness.
2.	Describe how it feels to be cleansed and free from guilt.
3.	List ways to remind yourself daily of God's forgiveness.







Day 9: 🖏 Freedom Through Forgiveness

#### Prayer for Today

**Gracious Father,** I confess my struggles and sins around food and ask for Your forgiveness. Thank You for removing my guilt as far as the east is from the west. Cleanse me from all unrighteousness and help me walk in freedom. Teach me to accept Your grace and move forward with hope. In Jesus' name, Amen. 😂 👀 🙏







# Day 10: Balance Restored: Body and Spirit in Harmony









Day 10: Palance Restored: Body and Spirit in Harmony

#### Your Verse

1 Corinthians 9:27 - But I discipline my body and keep it under control...

#### **Supporting Scriptures**

- Ephesians 5:18 Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit.
- Colossians 3:23 Whatever you do, work at it with all your heart...







Day 10: 🐠 Balance Restored: Body and Spirit in Harmony

# Devotional: Discipline that Honors Both Body and Spirit

Paul models discipline by keeping his body under control, aligning physical habits with spiritual goals. This balance respects both the body's needs and the Spirit's leading.

While Ephesians warns against excess, it redirects us to be filled by the Spirit instead. Colossians reminds us to work wholeheartedly in all we do.

Your body is not an obstacle but a partner in your spiritual journey. Balanced discipline nourishes body and spirit rather than ignoring one or the other.

Seek harmony by practicing discipline that reflects your faith and honors God's design.







Day 10: 🕦 Balance Restored: Body and Spirit in Harmony

#### Reflect and Apply

1.	In what ways am I disciplining my body to align with God's will?
2.	How can I improve balance between physical habits and spiritual growth?
3.	What spiritual practices help me maintain this harmony?







Day 10: 🕦 Balance Restored: Body and Spirit in Harmony

#### **Journaling Prompts**

	Write about a discipline you want to cultivate that honors your body and spirit.
2.	Reflect on how spiritual fills replace physical excesses.
3.	Journal ways to integrate prayer or praise with physical activity or meals.







Day 10: Balance Restored: Body and Spirit in Harmony

#### Prayer for Today

**Lord,** help me discipline my body with love and wisdom. May my habits reflect harmony between body and spirit, honoring You in all I do. Fill me with Your Spirit so that I seek You first in every craving and choice. Teach me to work wholeheartedly for Your glory. Amen.















#### Your Verse

Mark 12:31 - Love your neighbor as yourself.

#### **Supporting Scriptures**

- Psalm 139:14 I praise you because I am fearfully and wonderfully made.
- Ephesians 5:29 After all, no one ever hated their own body...







# Devotional: Embracing God's Love for Your Body and Spirit

Jesus commands us to love others as we love ourselves, implying that self-love is important and God-honoring. Often our food struggles come from not seeing ourselves as God's beloved creation.

Psalm 139 celebrates the wonder of how God made us, encouraging respect and care. Ephesians teaches that caring for our bodies is an act of love.

Growth includes embracing God's love for yourself—your body and spirit—rejecting shame and valuing yourself as He does.

When you love yourself rightly, your food choices naturally reflect respect and care.







### Reflect and Apply

1.	Do I truly love and accept myself as God's creation?
2	How does my self-perception impact my relationship with food?
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3.	What steps can I take to grow in loving care for myself?







#### **Journaling Prompts**

1.	. Write a letter to yourself from God's perspective of love and value.
2.	List qualities about your body and spirit that you can appreciate.
3.	. Reflect on habits that show love or neglect of yourself.







#### Prayer for Today

**Father,** help me to see myself as You see me—wonderfully made and deeply loved. Teach me to love myself with Your love, valuing the body and spirit You created. Heal any shame or self-hate and fill me with Your peace. May my actions reflect this love daily. In Jesus' name, Amen.  $\heartsuit$   $\diamondsuit$   $\clubsuit$ 









### Day 12: 🐚 Rest in God's Provision









Day 12: 🦫 Rest in God's Provision

#### Your Verse

Psalm 23:1-2 - The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures...

#### **Supporting Scriptures**

- Matthew 11:28 "Come to me, all you who are weary and burdened, and I will give you rest."
- Hebrews 4:9–10 There remains, then, a Sabbath–rest for the people of God...







Day 12: 🦫 Rest in God's Provision

## Devotional: Finding Peace in God's Daily Provision and Rest

God desires to provide for us fully, leading us into rest and contentment.

Psalm 23 paints a picture of God as our Shepherd, ensuring we lack nothing.

*Jesus invites the weary to find rest in Him, and Hebrews encourages Sabbath-rest as a spiritual practice.* Often, overindulgence comes from restlessness or seeking comfort in food.

Today, focus on resting in God's provision—not only physically but emotionally and spiritually. Grow by trusting His timing, supply, and care.

True growth flourishes when we rest and trust, rather than seek excessive filling.







Day 12: 🍆 Rest in God's Provision

### Reflect and Apply

1.	Where do I seek comfort instead of rest in God?
2.	How can I cultivate spiritual rest to reduce impulse eating?
3.	What practices help me experience God's peace daily?







Day 12: 🍆 Rest in God's Provision

### **Journaling Prompts**

1.	Write about moments when you felt deeply rested in God's presence.
2.	List activities that bring you rest without food.
3.	Plan intentional Sabbath or rest times this week.







Day 12: 🦫 Rest in God's Provision

#### Prayer for Today

**Lord,** You are my Shepherd who provides all I need. Teach me to rest in Your care instead of striving or seeking comfort in food. Help me embrace Your peace and provision each day, renewing my body and spirit. Grant me Sabbath rest and deep contentment. Amen. 😂 💆







# Day 13: V Overcoming Temptation with Scripture









Day 13: ① Overcoming Temptation with Scripture

#### Your Verse

Matthew 4:4 – Jesus answered, "It is written: 'Man shall not live on bread alone..."

#### **Supporting Scriptures**

- Ephesians 6:11 Put on the full armor of God so that you can take your stand against the devil's schemes.
- Psalm 119:105 Your word is a lamp to my feet and a light to my path.







Day 13: • Overcoming Temptation with Scripture

# Devotional: Using God's Word as Your Shield Against Cravings

When Jesus faced temptation, He used Scripture as His sword and shield. His response in Matthew 4:4 shows the power of God's Word over physical craving.

Similarly, Ephesians encourages us to put on God's armor, including the sword of truth. Psalm 119 reminds us the Word guides and illuminates our path.

Growth includes memorizing and applying Scripture to overcome cravings and combat gluttony.

Equip yourself daily with God's promises and commands to stand strong.







Day 13: ① Overcoming Temptation with Scripture

### Reflect and Apply

1.	What Scriptures can I memorize to counter food temptations?
2.	How can I make God's Word a daily defense in my struggle?
3.	What spiritual armor do I need to strengthen to resist urges?







Day 13: ① Overcoming Temptation with Scripture

### **Journaling Prompts**

1.	Write down favorite verses that bring strength against temptation.
2	Plan how to integrate Scripture memorization into your routine.
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3.	Reflect on past experiences of Scripture helping you resist temptation.







Day 13: • Overcoming Temptation with Scripture

#### Prayer for Today

**God,** Your Word is my sword and shield. Help me to lean on Scripture when I face temptation, especially around food. Equip me with Your full armor to resist the devil's schemes and guide me with Your light. Teach me to fight with Your truth daily. In Jesus' name, Amen.







# Day 14: Community Support: Bearing Each Other's Burdens









Day 14: 🌣 Community Support: Bearing Each Other's Burdens

#### Your Verse

Galatians 6:2 - Carry each other's burdens, and in this way you will fulfill the law of Christ.

#### **Supporting Scriptures**

- Ecclesiastes 4:9–10 Two are better than one...if either of them falls down, one can help the other up.
- Hebrews 10:24–25 Let us consider how we may spur one another on toward love and good deeds.







Day 14: 💛 Community Support: Bearing Each Other's Burdens

#### Devotional: Growing Stronger Together Through Support and Encouragement

**God never intended us to walk struggles alone.** Galatians 6 urges believers to carry each other's burdens, fulfilling Christ's law of love.

*Ecclesiastes points out the strength found in companionship, and Hebrews encourages mutual encouragement.* Overcoming gluttony and building healthy food habits is easier and more effective with supportive community.

Seek friends, mentors, or groups that can encourage, hold you accountable, and pray with you in your growth journey.

Together, you reflect God's love and strengthen one another towards freedom.







Day 14: 🂢 Community Support: Bearing Each Other's Burdens

### Reflect and Apply

1.	Who can I invite into my journey for accountability and support?
2.	How can I be more open about my struggles and victories?
3.	What role does community play in your spiritual growth?







Day 14: 🂢 Community Support: Bearing Each Other's Burdens

#### **Journaling Prompts**

1.	List people who can encourage or hold you accountable.
2.	Write about ways to build deeper spiritual friendships.
3.	Reflect on how shared struggles have helped you in the past.







Day 14: 🂢 Community Support: Bearing Each Other's Burdens

#### Prayer for Today

**Father,** thank You for the gift of community. Lead me to people who will encourage and support me in my journey. Help me to be open and to bear others' burdens as well. Strengthen our bonds so we grow stronger in love and freedom together. Amen.  $\heartsuit$   $\bigwedge$ 















#### Your Verse

Philippians 3:14 – I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.

#### **Supporting Scriptures**

- Habakkuk 2:2 Write down the revelation and make it plain on tablets...
- Proverbs 16:3 Commit to the Lord whatever you do, and he will establish your plans.







#### Devotional: Intentional Steps Toward Lasting Change

Paul models perseverance by pressing toward his spiritual goal. Likewise, growth in freedom from gluttony requires setting clear, purposeful goals.

The prophet Habakkuk encourages writing vision clearly and Proverbs reminds us to commit plans to God. Growth does not happen by accident but through intentional steps aligned with God's will.

Consider your goals in food and faith, write them down, and invite God to establish your plans. This clarity propels steady growth.

Let your goals reflect your desire to glorify God fully in every area of life.







### Reflect and Apply

	What specific, measurable goals can I set for my growth in food and faith?
2.	How can I commit these goals to God and rely on His guidance?
3.	What obstacles might I face and how will I overcome them?







#### **Journaling Prompts**

1.	Write down 2–3 achievable goals related to your relationship with food.
2.	Pray over these goals and ask God to guide your progress.
3.	Plan practical daily or weekly actions toward these goals.







#### Prayer for Today

**Lord,** help me set clear and purposeful goals as I seek freedom and faith growth. Guide my steps and strengthen my resolve to press on toward Your prize. Establish my plans and help me trust You through challenges. In Jesus' name, Amen.















#### Your Verse

Philippians 1:6 - He who began a good work in you will carry it on to completion.

#### **Supporting Scriptures**

- Psalm 126:3 The Lord has done great things for us, and we are filled with joy.
- Luke 15:7 There will be more rejoicing in heaven over one sinner who repents...







#### Devotional: Joy and Gratitude in Every Step of Growth

God is faithful to complete the good work He starts in you. Philippians 1:6 reminds us to trust His ongoing work rather than despair over imperfections.

Psalms encourages joyful celebration of God's deeds, and Jesus teaches heaven rejoices over repentance. Recognizing small victories and God's grace fosters motivation and joy.

Today, celebrate your progress—no matter how small—and thank God for His faithfulness. Growth flourishes in gratitude and positive reflection.







### Reflect and Apply

1. V	What progress have I made, and how has God been faithful so far?
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2. F	How can I celebrate growth to maintain joy and perseverance?
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3. I	In what ways can gratitude transform my struggle into triumph?
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3. In	In what ways can gratitude transform my struggle into triumph?







#### **Journaling Prompts**

1.	Write about recent victories in your journey with food and faith.
2.	List ways God has shown faithfulness in your growth.
3.	Reflect on how celebrating success influences your motivation.







#### Prayer for Today

**Thank You, Lord,** for the good work You are doing in me. Help me to see and celebrate every step of progress with joy and gratitude. Encourage my heart to persevere, knowing You will bring this journey to completion. Fill me with Your peace and hope. Amen.







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#### Your Verse

2 Corinthians 12:9 – "My grace is sufficient for you, for my power is made perfect in weakness."

#### **Supporting Scriptures**

- Isaiah 40:29 He gives strength to the weary and increases the power of the weak.
- Psalm 46:1 God is our refuge and strength, an ever-present help in trouble.







#### Devotional: God's Grace Sustains You When You're Weak

Paul's words reveal a powerful truth: God's power shines brightest in our weakness. When you feel weak in your struggle with food, this grace is sufficient.

Isaiah and Psalms remind us that God strengthens the weary and is a refuge in trials. Growth does not come from our strength alone but from divine empowerment.

Lean into God's grace today, recognizing your limitations but trusting His limitless power to sustain and transform.

Your journey is not reliant on human willpower but on God's sustaining strength.







### Reflect and Apply

1.	Where do I feel weak or insufficient in my struggle?
2.	How can I more fully rely on God's power instead of my own?
3.	What steps help me embrace God's grace daily?







### **Journaling Prompts**

1.	Write about moments when God's strength carried you in weakness.
2.	Reflect on personal limitations and God's empowerment.
3.	Pray for grace to sustain you through ongoing challenges.







#### Prayer for Today

**Lord,** I acknowledge my weakness and need for Your grace. Pour out Your strength in my life when I feel powerless. Let Your power be perfected in my struggles, giving me endurance and hope. Thank You for being my refuge and helper. Amen.







# Day 18: 🕹 Soul Care: Nurturing Spirit Alongside Body









Day 18: 🕹 Soul Care: Nurturing Spirit Alongside Body

#### Your Verse

Matthew 11:29 - Take my yoke upon you and learn from me, for I am gentle and humble in heart...

#### **Supporting Scriptures**

- Psalm 23:3 He refreshes my soul.
- John 4:14 Whoever drinks the water I give them will never thirst again.







Day 18: \delta Soul Care: Nurturing Spirit Alongside Body

# Devotional: Restoring and Refreshing Your Soul Daily

**Jesus invites us into gentle, humble rest that refreshes our souls.** Caring for your spirit is essential to balanced growth with food and faith.

Psalm 23 promises soul restoration, and Jesus offers living water to satisfy deepest thirst. Without nurturing your soul, physical self-care may falter.

Prioritize daily soul care through prayer, worship, and quiet moments with God. This nurtures whole-person health and resilience.

Growth thrives when body and soul are equally tended.







Day 18: \delta Soul Care: Nurturing Spirit Alongside Body

# Reflect and Apply

	Am I giving adequate attention to my spiritual well-being alongside physical health?
2.	What spiritual practices help refresh my soul in times of stress?
3.	How can I integrate more soul care into daily routines?







Day 18: 👶 Soul Care: Nurturing Spirit Alongside Body

# **Journaling Prompts**

1.	Write about spiritual practices that help you feel restored.
2.	Plan how to include daily moments of soul refreshment.
3.	Reflect on times when spiritual care impacted your food choices.







Day 18: \delta Soul Care: Nurturing Spirit Alongside Body

# Prayer for Today

**Jesus,** teach me to take Your yoke and learn from You. Refresh my soul and renew my heart each day. Help me find rest in Your gentle care and live deeply satisfied by Your living water. Strengthen me to nurture body and spirit in harmony. Amen. **2 4** 















#### Your Verse

Matthew 5:16 - Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

## **Supporting Scriptures**

- 1 Peter 2:12 Live such good lives among the pagans that... they may glorify God.
- Philippians 2:15 So that you may become blameless and pure, "children of God without fault."







## Devotional: Your Growth Glorifies God and Inspires Others

Your journey to freedom and balance is not just personal—it's a testimony to others. Jesus calls us to be lights that glorify God through our lives.

Peter and Paul highlight living blameless lives that draw others to God's glory. Overcoming gluttony and growing in faith can inspire those around you to seek God's transformation.

View your growth as a means to bless and witness to others. Your strength and freedom reflect God's power alive in you.







# Reflect and Apply

1.	How does my growth in faith and food habits impact those around me?
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2.	In what ways can I be intentional about reflecting God's light in this area?
3.	What opportunities can I pursue to encourage others in their journeys?







# **Journaling Prompts**

	Write a story of how your growth might encourage a friend or family member.
2.	List ways to share your testimony or offer support to others.
3.	Reflect on how living authentically honors God publicly.







# Prayer for Today

**Lord,** help my life shine as a light that glorifies You. Use my growth and freedom to inspire and bless others. Give me courage to witness through my testimony and actions, reflecting Your love and power. May others see You through me. Amen. \*















#### Your Verse

1 Thessalonians 5:17 - Pray continually.

## **Supporting Scriptures**

- Colossians 4:2 Devote yourselves to prayer, being watchful and thankful.
- Romans 8:26 The Spirit helps us in our weakness...







# Devotional: Sustaining Growth Through Persistent Prayer

Prayer is the lifeline of ongoing growth, teaching us to depend on God every moment. Paul exhorts us to pray continually, staying alert and thankful.

Romans reminds us the Spirit helps us when we don't know what to pray. When struggles or discouragement arise in your journey, persistent prayer connects you with God's power and peace.

Commit to constant prayer today, opening your heart and relying fully on God's guidance and grace.







# Reflect and Apply

1.	How consistent is my prayer life in relation to my struggles and growth?
2.	What barriers keep me from praying continually?
3.	How can I cultivate a lifestyle of persistent prayer?







# **Journaling Prompts**

1.	Write about the impact of prayer on your growth so far.
2.	Plan specific times or triggers to remind you to pray throughout the day.
3.	Reflect on how the Spirit has helped you in weakness through prayer.







# Prayer for Today

**Father,** teach me to pray without ceasing and to depend on You in every moment. Help me stay watchful, grateful, and open to Your Spirit's guidance. Strengthen my prayer life and sustain me through every challenge. In Jesus' name, Amen. 🙏 🔾 🕻







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Day 21: 🏂 Celebration and Commitment: Continue the Journey

#### Your Verse

Philippians 1:6 - He who began a good work in you will carry it on to completion.

# **Supporting Scriptures**

- 2 Timothy 4:7 I have fought the good fight, I have finished the race, I have kept the faith.
- Hebrews 12:1 Let us run with perseverance the race marked out for us.







Day 21: 🏂 Celebration and Commitment: Continue the Journey

# Devotional: Finishing Strong with Faith and Hope

As this 21-day journey closes, remember God's promise to complete the work He began in you. Paul's words to Timothy challenge us to fight well, finish strong, and keep the faith.

Hebrews encourages perseverance in the race marked for each believer. Celebrate your growth but also commit to continuing the journey with God's strength.

Faith is lifelong growth, marked by daily choices to trust, surrender, and obey. Let hope and joy fuel your ongoing freedom from gluttony and deepen your relationship with God.

Your story of growth is part of God's greater masterpiece—keep running with perseverance.







Day 21: 🥕 Celebration and Commitment: Continue the Journey

# Reflect and Apply

1.	What have been my greatest lessons and victories in this study?
2.	How will I continue to pursue growth after these 21 days?
3.	What promises of God encourage me to keep persevering?







Day 21: 🥕 Celebration and Commitment: Continue the Journey

# **Journaling Prompts**

1.	Reflect on your transformation over the last three weeks.
2.	Write a commitment statement for ongoing growth and reliance on God.
3.	List Scripture promises to lean on as you continue this journey.







Day 21: 🏂 Celebration and Commitment: Continue the Journey

# Prayer for Today

**Lord,** thank You for the growth You've brought in these 21 days. Help me to finish strong and keep persevering in faith. Continue Your good work in me and guide every step ahead. Fill me with hope, strength, and joy as I live for Your glory. Amen.







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