

DAY #15 CHALLENGE

Eat Like Jesus. “God’s Design for Food”

 **God’s provision was natural and unaltered.**
(not genetically modified - GMO)

*So God said, “Behold, I have given you every plant yielding seed that is on the surface of the entire earth, and every tree which has fruit yielding seed; it shall be food for you.
—Genesis 1:29*

 **The Challenge Question:**

Knowing this—

How does this shape our understanding of what we should consume?

If Jesus were to walk among us today, would He choose genetically modified foods, or would He honor God’s original design?

 **The Bonus Challenge:**

Research the differences between organic and GMO foods.

What are the key distinctions in their production and nutritional content?

What IF a GMO seed can be re-used?

What are the concerns?(ex. no fastfood. no restaurants.)

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DAY #16 CHALLENGE

Eat Like Jesus. “No Pesticides On The Menu”

 **Jesus ate clean and simple.**

By the river on its bank, on one side and on the other, will grow all kinds of trees for food. Their leaves will not wither and their fruit will not fail. They shall bear every month because their water flows from the sanctuary, and their fruit will be for food and their leaves for healing. —Ezekiel 47:12



The Challenge Question:

Pesticides are chemicals designed to kill pests. Knowing this—

What impact might they have on our bodies?

Are we unknowingly (or possibly some of us knowingly) consuming substances that God never intended for our bodies?



The Bonus Challenge:

Investigate the health effects of pesticide residue in food.

How do they affect our health and the environment?

Are there any safe ways to truly and fully clean off the pesticide residue?



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DAY #17 CHALLENGE

Eat Like Jesus. “Daniel’s Healthy Choice”

Natural Foods vs King’s Rich Foods.

But Daniel said to the overseer whom the commander of the officials had appointed over Daniel, Hananiah, Mishael, and Azariah, “Please, test your servants for ten days, and let us be given some vegetables to eat and water to drink. Then let our appearance and the appearance of the young men who eat the king’s finest food be observed and compared by you, and deal with your servants in accordance with what you see.”

So the man listened to them in this matter and tested them for ten days. At the end of ten days it seemed that they were looking better and healthier than all the young men who ate the king’s finest food.

—Daniel 1:11-15

The Challenge Question:

Daniel chose natural foods over the king’s rich foods.

What does this teach us about the value of whole, unprocessed foods?

Are we sacrificing our health for convenience and shelf life?

The Fasting Bonus:

Research common food preservatives and additives.

What are their potential health risks?

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DAY #18 CHALLENGE

Eat Like Jesus. “Mind, Body, and Spirit”

 **We are more than a fleshly body!**

Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] your soul prospers [spiritually]. —3 John 1:2



The Challenge Question:

Our physical health is intertwined with our spiritual well-being. Knowing this—

How does our diet influence both?

Could our dietary choices be hindering God’s desire for us to be in good health?



The Bonus Challenge:

Examine the correlation between diet and chronic disease in the United States.

What trends are emerging?



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DAY #19 CHALLENGE

Eat Like Jesus. “The Original Design”

The “Original” Design Was Plants Only (before the fall of man there was no killing)

So God said, “Behold, I have given you every plant yielding seed that is on the surface of the entire earth, and every tree which has fruit yielding seed; it shall be food for you; and to all the animals on the earth and to every bird of the air and to everything that moves on the ground—to everything in which there is the breath of life—I have given every green plant for food”; and it was so [because He commanded it]. —Genesis 1:29-30

^{A T P A} The Challenge Question:

If God’s original design was a plant-based, seed-yielding diet, and the introduction of meat came only after sin and judgment—what does that tell us about how far humanity has drifted from Eden?

(note: I’m not a vegetarian, but this does give a hard pause for consideration of God’s original design for our bodies)

The Bonus Challenge:

Examine the benefits of a plant-based, seed-yielding diet (non GMO diet).

How can you get all your vitamins, minerals, and amino acids from a plant based diet?

What are the issues of an “excessive” high-meat diet?

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DAY #20 CHALLENGE

Eat Like Jesus. “Steward The Temple Saturday”

 **True Believer—Your Body Is The Temple of The Holy Spirit.**
(True believers of Jesus receive the Holy Spirit to dwell in their hearts and be their comforter and guide in all things!)

Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]? You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own]. So then, honor and glorify God with your body.

— 1 Corinthians 6:19-20



The Challenge Question:

If you are a true believer in Jesus, than you’ve received the gift of the Holy Spirit. Therefore, your body is a temple. How does your diet reflect your respect for God’s creation and the indwelling of His Spirit?

(If our bodies are temples, are we treating them with the reverence they deserve?)



The Bonus Challenge:

Evaluate your current eating habits.

Are they aligned with honoring your body as God’s temple?

How about other things like alcohol and drugs—are those intakes into our body aligned with showing reverence and honor?



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DAY #21 CHALLENGE

Eat Like Jesus. “Sunday’s Sobering Question”

Embracing God’s Provision

O taste and see that the Lord [our God] is good; How blessed [fortunate, prosperous, and favored by God] is the man who takes refuge in Him. —Psalm 34:8



The Challenge Question:

God’s provision is good and perfect!

How can we start to align our diets with His design?

Are we willing to trust God’s provision over man-made alternatives?



The Bonus Challenge:

Commit to making one change towards a more natural, whole-foods-based diet.

What steps can you take today?



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