HEALTH (LARGE GROUP)

Lesson 3: YOU ARE WHAT YOU EAT

Objective: Students will learn that there was an overlap of spiritual health with physical health in the story of Daniel. They will observe that both forms of health are important. Being holy takes an intentional decision that God honors.

ICEBREAKER:

Cheeto Face

Supplies:

-4 Bag of Cheetos for each competitor

-4 bottles of whipped cream

-4 garbage bags

-Tarp or garbage bags if played inside---MESSY game

Call up 8 volunteers. Tell them to face each other and take 10 steps away from each other. Decide who will have the Cheeto face. That person will be given a garbage bag to wear and the bottle of whipped cream. Their partner will have the bag of Cheetos. When you yell "Go!", the person with whipped cream will smear it all over their own face. Encourage them to empty the bottle. At the same time, the partner will open the bag and begin throwing Cheetos at their partner's face. After 1 minute, count how many Cheetos are stuck on the person's face. The team with the most Cheetos actually stuck on the face wins!

Donuts on a String--*MESSY*

Supplies:

-4 donuts

-4 chairs

-4 garbage bags

-String

-Chocolate syrup

-Tarp

Tie a string to a donut. Hand it to one volunteer. Partner them with another volunteer. One will be the eater (wearing the garbage bag) and the other the dangler. Have the dangler stand on the chair. Place the eater on their back in front of the chair face-up. When you say, "Go!", the dangler will dip the donut into the chocolate syrup first and then feed it to the eater who can only use their mouth to eat the donut. The dangler must re-dip donut every time the eater takes a bite or attempts one. Winner is the team to first completely consume the entire donut.

Banana Relay

https://www.youtube.com/watch?v=eoZidc1b3kE Take a look as to what it will look like.

Supplies:

-3-4 bananas

-Cones/tape to separate teams

Have groups of 7 lie down on the floor in a straight line head to toe. Have students remove shoes. Makes the banana easier to manipulate. The objective is to pass the banana from the beginning of the line to the end using only your feet. First team to complete wins.

Challenges-

Make the last person eat the banana once received.

Increase the number of bananas each round.

Move the banana using knees instead of feet.

LARGE GROUP DISCUSSION:

You are what you eat. Do you agree with that statement? What do you think it means? Share an idea or two with someone sitting nearby. (Allow students to share ideas with each other for a couple of minutes.) Ok, let me hear some ideas. What does "you are what you eat" mean?

Basically, if all I eat is junk food then I definitely will not be an athlete like Serena Williams or Lebron James. However, if I watch what I eat then I could be healthier. For example, Olympians need to be at the top of their game so that they can win the ultimate prize in their field, the gold medal. I was curious and I looked up the kinds of foods Olympians eat. This was from the Olympics in Beijing, China.

42,000 kilos of seafood and 243,000 kilos of meat

Approximately 17,000 kilos of pasta and 61,000 kilos of rice (both dry)

743,000 potatoes

70,000 liters of congee

More than 800,000 eggs

More than 1 million apples, 936,000 bananas, and 312,000 oranges

684,000 carrots, 20,000 heads of lettuce, nearly 21,000 kilos of onions, and 22,000 kilos of mushrooms

More than 26,000 kilos of cheese

190,000 loaves of bread and 2,500 kilos of butter, and nearly 7,000 kilos of tofu.

That's enough bananas to circle the Olympic marathon route more than three times, and enough carrots to circle the outer perimeter of the 91,000-seat National Stadium in Beijing about 150 times!

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Meat such as seafood and eggs provide lean protein build and repair strong muscle tissue. Pasta and whole grain breads give the athletes the quick energy they need to take off quickly from the starting blocks or to edge out a competitor by mere milliseconds. Fresh fruits and vegetables such apples, oranges, onions are a necessary part of the diet as well because they give vital nutrients like vitamins and minerals.. Fats are needed too, which explains the butter. Tofu and congee . . .don't ask me. I don't eat that stuff but dieticians know more than me. All these macromolecules are used by your body to build you back up and give you energy. You ARE what you eat.

This is a bag of Cheetos. I am going to read the ingredients. Raise your hand if you know the ingredient. If you have no idea what it is, then put your hand down. *(Read the ingredients. If you can show some snack that your students eat, then the point will be strengthened.)* I know what cheese is but I am not sure what monosodium glutamate or yellow 6 or what ferrous sulfate might be. A good rule of thumb is if you can't pronounce it or know what it is, then don't eat it. Apple. I know what that is. *(Bite into an apple. Over-exaggerate how delicious it is)* Ferrous Sulfate. . .what is that? I would have to go to a chemistry lab to find that stuff.

Your choices today affect your tomorrow. If you choose to live on pizza, soda, chips, and donuts for the rest of your life, don't be surprised when diabetes, heart disease, or cancer show up later in life. YOLO. You only live once. You only get one life. Be a good steward of this life that you have. This reminds me of a story in the Bible where someone managed his one life well. As a matter of fact, he and 3 other guys chose to honor God and their bodies instead of following the crowd. His name was Daniel. Listen to this.

Read Daniel 1:8-16

Let me give you some background on these guys you just heard about. Daniel and his friends were from the country of Israel. If you look on a map, it is in the Middle East just north of Egypt in Africa. Babylon, where they found themselves, had just invaded Israel and moved the young, smart and talented away from their homes. If it were a school fight, Babylon kicked Israel's butt and stole his lunch money. All of it. So, Daniel and his boys find themselves in new territory. They don't know the language, the culture, the customs. They are outsiders and foreigners. Imagine the stress. Angry, stressed, worried or confused could be used to describe the emotions and feelings we all would go through if we woke up tomorrow morning in Beijing, China.

Daniel, I'm sure felt some of those emotions, if not all, but listen to v 8. *"But Daniel resolved that he would not defile himself with the king's food, or with the wine that he drank."* See, instead of letting the situation control him, He DECIDED to control the situation. Daniel swore he would not defile himself. He decided in advance to stand for what he knew was right. To defile oneself is to make yourself unclean or unholy. No longer set apart for God to use. Babylon's king and its people did not believe in God nor stand for Him. Daniel was not having it. In his head, he made an oath. "I will not eat this food because it dishonors God." More than likely, the food was offered to idols which would have been dishonoring to God. What did Daniel know and understand? You are what you eat.

The food was sacrificed to idols. The food was given to make them forget who they were as the people of God. That is tempting. It would have been easy. No one would know. I am telling you that if I saw a table full of BBQ ribs and steaks as thick as my hand, I would be munching out. I love me some BBQ. Not Daniel. Not his crew.

Listen to v 9. *"And God gave Daniel favor and compassion in the sight of the chief of the eunuchs."* I don't want you to miss this. God gave Daniel favor. God worked on the heart of the chief of the eunuchs. God is working whether you see Him or not. God had a plan for Daniel and He has a plan for you. God honored Daniel's faith and resolution not to become part of the crowd. He and his crew stood for what's right when no one else was standing. All because of food. You ARE what you eat.

Daniel came up with a plan. He proposes a test to the chief. The chief's life was on the line because if these best and brightest started looking worse than the others, then the chief would not only lose his job but his neck. Daniel says, "If we eat vegetables and water instead of the king's food for ten days, and come out healthier then you can decide what happens with us next." Chief says deal. Daniel and his boys are looking healthier. Verse 15 states that *"At the end of ten days it was seen they were better in appearance and fatter in flesh than all the youths who ate the king's food. So, the steward*

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took away their food and the wine they were to drink, and gave them vegetables." All the other youth probably beat up Daniel afterwards. "Vegetables! Really?"

What can we learn from this moment in biblical history. Daniel understood what it would mean to eat the king's food. He understood the term "you are what you eat" in a spiritual sense. We talked about what it meant physically. What does it mean spiritually? There are things that we consume without thought that affect our spiritual health negatively. Social media, music, movies, memes, manga, anime could be called the king's food because it invites us to become a part of that world. It does not honor God and helps us forget who we are if we are Christians. What do we do in those moments? We RESOLVE to not dishonor God by remembering who we are and standing up for what's right. God will honor that. You will come out healthier and better in mind because you decided to stay on God's team; His family. Are you in God's family? Are you His kid? Then "act like you belong to somebody." If your friend who is not a Christian, "eating the king's food", listening and watching things that are dishonoring and shameful sees you doing the same, then why would they want to eat "vegetables."? We, as believers, need to be different. Be holy, which is what the word really means. Ask God for the courage and desire to be different; to be an outsider.

Let me talk to those who are not a part of God's family because you have not yet put your trust in Jesus Christ. If you are not God's kid, you are an orphan. But you can become a part of God's family because we used to be orphans too. All you have to do is admit that you have dishonored and defiled yourself by living for yourself. You ate the king's food because it looked good and you wanted some. Admit that you are wrong and confess your lack of dependence on God. He sent Jesus to die on a cross and pay for the sins-that's what those times of independence and rebellion are called, that you can never pay for yourself. Trust that Jesus' death pays the price and believe that He rose again. You become a child of God in that moment. Romans 10:9 tells us . . ."*if you confess with your mouth that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved."* You can become a child of God by making that decision today.

You are what you eat. God wants to be glorified in every part of your life. Be careful what you "eat" because it can slowly pull you away from your true self. God wants the best for you. Will you trust Him?

Pray

Questions

1-What would you say is a "king's food" that you have been consuming?

2-What effect does it have on you?

3-How will you resolve to stand for God and honor Him?

4-What other people can help you in your journey?

5-What fears and feelings can you ask God to take care of in your life so that you can stand strong for Him?

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