

# bible verses about diet and exercise

**bible verses about diet and exercise** provide valuable guidance on maintaining physical health and spiritual well-being. Throughout scripture, the relationship between caring for the body and honoring God is emphasized, highlighting principles that apply to modern concerns about nutrition and physical activity. This article explores key biblical passages that address diet, exercise, and the disciplined stewardship of the body. It also examines how these verses align with contemporary understandings of health and wellness. By reflecting on these teachings, individuals can find motivation and wisdom to pursue a balanced lifestyle that honors God through both diet and exercise.

The following sections cover biblical perspectives on diet, practical applications of scripture to exercise, spiritual benefits of maintaining physical health, and specific Bible verses that encourage discipline and self-control in these areas.

- Biblical Principles on Diet
- Scriptural Insights on Exercise
- The Spiritual Importance of Physical Health
- Key Bible Verses Encouraging Discipline and Self-Control
- Applying Bible Verses About Diet and Exercise to Daily Life

## Biblical Principles on Diet

The Bible includes numerous references to dietary guidelines and principles that reflect both spiritual and physical health concerns. These principles emphasize moderation, purity, and the honoring of the body as God's creation. Understanding biblical teachings about diet can provide a foundation for healthy eating habits aligned with faith.

## Old Testament Dietary Laws

The Old Testament, particularly in books like Leviticus and Deuteronomy, includes specific dietary laws that governed the eating habits of the Israelites. These laws distinguished clean and unclean foods, which had spiritual significance and health implications. While many Christians view these laws as ceremonial and fulfilled in the New Testament, they still provide insight into God's concern for dietary discipline.

## New Testament Perspectives on Food

The New Testament shifts focus from strict dietary restrictions to principles of freedom and responsibility. For example, in 1 Corinthians 10:31, believers are encouraged to do everything,

including eating, for the glory of God. This implies that diet should be approached with mindfulness and respect for God's design of the body.

## **Moderation and Self-Control**

The Bible frequently encourages moderation and self-control regarding food consumption. Proverbs 25:27 warns against overindulgence, while Philippians 4:5 calls for gentleness and self-discipline. These verses underscore the importance of balance in diet to maintain health and honor God.

## **Scriptural Insights on Exercise**

Although explicit references to physical exercise are less common in the Bible than those about diet, several passages highlight the value of physical discipline and fitness. Exercise is recognized as part of maintaining the body, which is considered a temple of the Holy Spirit.

## **Physical Training and Spiritual Training**

In 1 Timothy 4:8, Paul contrasts physical training with spiritual training, stating that while physical exercise has some value, spiritual training is more important. This verse acknowledges the benefits of exercise while prioritizing spiritual growth, suggesting a balanced approach to health.

## **Strength and Endurance in Scripture**

The Bible often uses physical strength and endurance as metaphors for spiritual resilience. Verses like Isaiah 40:31 encourage believers to renew their strength through faith, which can inspire perseverance in both physical and spiritual disciplines.

## **Exercise as Stewardship of the Body**

Scripture emphasizes caring for the body as a form of stewardship (1 Corinthians 6:19-20). Maintaining physical fitness through exercise is therefore aligned with honoring God by preserving the body's health and function.

## **The Spiritual Importance of Physical Health**

Physical health is not only a matter of bodily well-being but also has significant spiritual implications according to the Bible. Maintaining a healthy body supports the capacity to serve God effectively and live a disciplined life.

# The Body as a Temple

1 Corinthians 6:19-20 declares the body as a temple of the Holy Spirit, emphasizing the sacredness of physical health. This passage encourages believers to honor God by avoiding harmful behaviors and caring for their physical condition.

## Discipline and Self-Control

Spiritual disciplines such as prayer and fasting are often associated with physical discipline. The Bible links self-control in all areas, including diet and exercise, to spiritual maturity and growth (Galatians 5:22-23).

## Serving Others Through Health

Maintaining good health enables believers to serve others more effectively. A strong, well-cared-for body provides the energy and vitality necessary for ministry, work, and daily responsibilities.

## Key Bible Verses Encouraging Discipline and Self-Control

Several Bible verses explicitly encourage discipline, self-control, and intentional care of the body, all of which relate to diet and exercise. These scriptures serve as motivational anchors for believers seeking to align their health practices with their faith.

- **1 Corinthians 9:27** – "But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified."
- **Proverbs 25:27** – "It is not good to eat much honey, nor is it glorious to seek one's own glory."
- **Philippians 4:13** – "I can do all things through him who strengthens me."
- **1 Timothy 4:8** – "For while bodily training is of some value, godliness is of value in every way."
- **Galatians 5:22-23** – "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control."

## Applying Bible Verses About Diet and Exercise to Daily Life

Integrating biblical wisdom on diet and exercise into daily routines involves practical steps that reflect spiritual and physical stewardship. This approach encourages balanced living that honors God through

intentional health choices.

## **Setting Healthy Boundaries**

Scripture encourages setting limits on indulgences to prevent harm. Applying this to diet means practicing portion control, choosing nourishing foods, and avoiding excess. Exercise routines can also benefit from consistency and moderation to avoid injury or burnout.

## **Incorporating Prayer and Reflection**

Combining physical health efforts with prayer and reflection can deepen spiritual awareness and motivation. Seeking God's guidance in health decisions aligns the body's care with spiritual goals.

## **Community and Accountability**

Engaging with a faith community for support in diet and exercise can foster accountability and encouragement. Group activities or shared commitments to healthy living reflect biblical values of fellowship and mutual care.

## **Practical Tips for Holistic Health**

- Plan balanced meals that honor nutritional needs and biblical moderation.
- Establish regular physical activity routines that enhance strength and endurance.
- Practice self-control and discipline as spiritual exercises linked to physical habits.
- Use scripture memorization or meditation to reinforce motivation and focus.
- Seek medical and professional advice when necessary to care for the body wisely.

## **Frequently Asked Questions**

### **What does the Bible say about taking care of our bodies through diet?**

The Bible encourages believers to treat their bodies as temples of the Holy Spirit (1 Corinthians 6:19-20), implying the importance of caring for our health, including diet.

## **Are there specific Bible verses that mention exercise or physical activity?**

While the Bible does not explicitly command exercise, verses like 1 Timothy 4:8 highlight the value of physical training, stating, "For physical training is of some value, but godliness has value for all things."

## **How can Bible verses about diet inspire healthier eating habits?**

Verses such as Proverbs 25:27, which warns against overindulgence, and Daniel 1:12-15, where Daniel chooses a healthy diet, inspire mindful and nutritious eating habits aligned with biblical principles.

## **Does the Bible link spiritual health with physical health?**

Yes, the Bible often links spiritual well-being with physical health, suggesting that caring for one's body honors God and supports overall wellness (3 John 1:2: "...that you may prosper in all things and be in health... as your soul prospers.").

## **Can Bible teachings about self-control be applied to diet and exercise?**

Absolutely. Galatians 5:22-23 lists self-control as a fruit of the Spirit, which can be applied to maintaining discipline in diet and exercise routines for better health and spiritual growth.

## **Additional Resources**

### *1. Faithful Fitness: Biblical Principles for a Healthy Body and Spirit*

This book explores the connection between spiritual well-being and physical health, drawing on scripture to inspire a balanced approach to diet and exercise. It provides practical advice on incorporating biblical teachings into daily fitness routines. Readers will find encouragement to honor God through caring for their bodies as temples of the Holy Spirit.

### *2. Eat Clean, Pray Strong: A Christian Guide to Nutrition and Exercise*

Combining faith and fitness, this guide offers nutritional wisdom rooted in biblical verses alongside effective exercise strategies. The author emphasizes the importance of discipline and stewardship of the body, encouraging readers to maintain physical health as an act of worship. It includes meal plans and workout tips aligned with Christian values.

### *3. The Body Temple: Nurturing Health Through Scripture and Science*

This book delves into the biblical mandate to care for one's body, supported by modern nutritional and fitness science. It highlights key verses that motivate healthy living and provides actionable steps to improve diet and physical activity. The focus is on holistic health, integrating mind, body, and spirit.

### *4. Strength for the Journey: Exercising Faith and Fitness*

Addressing the challenges of maintaining a healthy lifestyle, this book offers encouragement through scripture and practical fitness advice. It teaches readers how to develop physical strength and endurance while deepening their spiritual walk. The author shares personal stories and biblical reflections to inspire perseverance.

#### 5. *God's Recipe for Health: Biblical Insights on Diet and Wellness*

This title presents a comprehensive look at nutrition based on biblical principles, emphasizing whole foods and moderation. It discusses the symbolic and practical aspects of food in the Bible and how these lessons apply to modern dietary choices. Readers are guided to make healthful decisions that honor their faith.

#### 6. *Run the Race: A Christian Approach to Exercise and Endurance*

Using the metaphor of running found in scripture, this book encourages believers to pursue physical fitness with spiritual dedication. It outlines training plans that build endurance, strength, and discipline, all rooted in biblical encouragement. The work inspires readers to view exercise as part of their spiritual journey.

#### 7. *Temples of Grace: Caring for the Body with Biblical Wisdom*

Focusing on the body as a sacred temple, this book offers insights into maintaining health through diet and exercise inspired by scripture. It addresses common health challenges and provides faith-based solutions to overcome them. The author emphasizes grace and patience in the pursuit of wellness.

#### 8. *Discipline and Devotion: A Christian's Guide to Healthy Living*

This guide combines the virtues of discipline and devotion, drawing on biblical verses to frame a lifestyle of healthful eating and regular exercise. It encourages readers to develop routines that strengthen both body and spirit. Practical tips and devotional reflections make this book a useful companion for faith-driven wellness.

#### 9. *Living Well, Serving God: Biblical Foundations for Diet and Fitness*

This book highlights how caring for one's physical health enables better service to God and others. It explores scripture that calls believers to stewardship of their bodies and provides actionable advice on nutrition and exercise. The author connects healthy living with spiritual vitality and effective ministry.

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**bible verses about diet and exercise:** *The Big Book of Bible Cures, Vol. 1: Weight Loss* Don Colbert, 2017 From the author of the NEW YORK TIMES best-selling books *The Seven Pillars of Health* and *I Can Do This Diet*, along with best sellers *Toxic Relief*, the Bible Cure series, *Living in Divine Health*, *Deadly Emotions*, *Stress Less*, and *What Would Jesus Eat?* Dr. Don Colbert has sold more than TEN MILLION books. Reclaim control over weight loss, inflammation, and your spiritual

and emotional health.

**bible verses about diet and exercise:** God-given Foods Eating Plan: for Lifelong Health, Optimization of Hormones, Improved Athletic Performance Gary F. Zeolla, 2007-03-01 This book studies different food groups, with a chapter devoted to each major classification of foods. First the Biblical evidence is considered, then modern-day scientific research. Foods are classified as God-given foods and non-God-given foods. A healthy eating plan is composed of a variety of God-given foods and avoids non-God-given foods. Unlike other books on this subject, this book does not promote a vegetarian diet since God gave us meat for food, and meat-eating is assumed throughout Scripture, with no negative connotations. Moreover, meat, poultry, and fish can and should be included in a healthy eating plan. The proposed eating plan is also designed to optimize hormones, such as testosterone, growth hormone, and insulin. This can produce dramatic differences in a person's health and well-being and can lead to a gain in muscle mass and a loss of body fat. It can also lead to improved athletic performance. This book also looks at other aspects of athletic nutrition.

**bible verses about diet and exercise:** Religion, Food, and Eating in North America Benjamin E. Zeller, Marie W. Dallam, Reid L. Neilson, Nora L. Rubel, 2014-03-11 The way in which religious people eat reflects not only their understanding of food and religious practice but also their conception of society and their place within it. This anthology considers theological foodways, identity foodways, negotiated foodways, and activist foodways in the United States, Canada, and the Caribbean. Original essays explore the role of food and eating in defining theologies and belief structures, creating personal and collective identities, establishing and challenging boundaries and borders, and helping to negotiate issues of community, religion, race, and nationality. Contributors consider food practices and beliefs among Christians, Jews, Muslims, and Buddhists, as well as members of new religious movements, Afro-Caribbean religions, interfaith families, and individuals who consider food itself a religion. They traverse a range of geographic regions, from the Southern Appalachian Mountains to North America's urban centers, and span historical periods from the colonial era to the present. These essays contain a variety of methodological and theoretical perspectives, emphasizing the embeddedness of food and eating practices within specific religions and the embeddedness of religion within society and culture. The volume makes an excellent resource for scholars hoping to add greater depth to their research and for instructors seeking a thematically rich, vivid, and relevant tool for the classroom.

**bible verses about diet and exercise:** Aunt Susie's Diet Bible Recipes Susie Siegfried, 2005 Aunt Susie has lost 100 pounds since she wrote Aunt Susie's 10-Minute Bible Recipes and she is ready to share the secrets of her success-the divinely delicious diet recipes she created with a little heavenly help. Aunt Susie's Diet Bible Recipes: 101 Divinely Inspired Dishes that Helped Me Lose 100 Pounds and Keep It Off! is organized in the same endearing and engaging way as her first book. Each recipe will be inspired by a quote from Scripture and complemented by a story that reveals an inspiring weight-loss tip that has helped Aunt Susie or her friends and family lose weight. God and weight loss is as good a fit as God and food. Twelve-step programs all begin with acknowledging a higher power-with good reason. Losing weight is something most people need help with-they can't do it alone. Now, with God and Aunt Susie by their side, they don't have to!

**bible verses about diet and exercise:** Science and Health with Key to the Scriptures (Healing Scriptures and Bible Verses about Healing) Mary Baker Eddy, 2019-06-17 Since the author's discovery of the might of Truth in the treatment of disease as well as of sin, her system has been fully tested and has not been found wanting; but to reach the heights of Christian Science, man must live in obedience to its divine Principle. To develop the full might of this Science, the discords of corporeal sense must yield to the harmony of spiritual sense, even as the science of music corrects false tones and gives sweet concord to sound. Science and Health with Key to the Scriptures by Mary Baker Eddy is the key text of Christian Science and spiritual healing.

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burned-out and weary comes a book that highlights the modern person's spiritual malnourishment. Aimed at developing the spiritually and emotionally fit man and woman, this timely book focuses on purifying our thoughts, firming up Bible knowledge, and shedding a harmful self-image. An uncompromising look at the things that nag all of us, *Lose the Weight of the World* promises to trim the fat of our souls.

**bible verses about diet and exercise: A Merry Heart Doeth Good** James L. Snyder, 2018-05  
As pastor of a small country church, husband to the Gracious Mistress of the Parsonage, father to three, grandfather to nine, and great-grandfather to one, I take great delight in finding the funny side of any situation. My wife doesn't always delight in my sense of humor, however. (I think she doesn't understand it, but I won't say that aloud.) Then again, we have enjoyed more than forty-five years of wedded bliss, so she has obviously found a way to abide my idea of comedy. "For a long time I was under the impression that my wife was giving me compliments. It takes a husband a long time to understand his wife, and by the time he understands her, she has morphed into the next level of womanhood. The man who thinks he knows his wife needs a psychiatrist, preferably a woman psychiatrist."

**bible verses about diet and exercise: Fitly Framed Together** Mike Culpepper, 2019-06-17 It is interesting how the human body can begin as a single cell yet grow and progress into a 50-trillion-cell physical being. Each cell developed and differentiated into their respective place within the physical body of man. Like the Word of God was breathed through the writers of the Bible, so to God breathed into man life. Man was created by God for God. *Fitly Framed Together: The Human Body* will take the reader through an organized journey of the anatomy and physiology of the body yet, in an unpretentious way, combining engineering and anatomical features and illustrating how God uses the human body to glorify himself. The design and nature of the twelve organ systems are unique and indeed fitly framed together, just like the Bible. Following an introduction, *Fitly Framed Together: The Human Body* discusses how the body is intricately designed and organized. The text then takes us through a journey through the twelve organ systems, describing the working anatomy of each and relating them to scripture and how our body fits into God's overall creation. Many drawings and illustrations are included. A major feature is a concordance of over five thousand body parts and their scriptural reference. Such topics of discussion include the following: In His Image Jesus—the Incarnate of God Organization of Molecules, Cells, Tissues, and Organ systems Support and Movement of the Skeletal and Muscular Systems Control by the Nervous and Endocrine Systems Maintenance by the Integument, Digestive, Urinary, Immune, Respiratory, and Cardiovascular Systems The Reproductive Systems of Males and Females Concordance The descriptions and accounts of the Bible are in harmony and in one accord. So, too, the human body is put together in physical harmony yet is also in spiritual harmony with God. Jesus was physical and is the cornerstone of Christian faith. The very nature of God the Father, the Son, and the Holy Spirit is manifested in the human body and is illustrated in *Fitly Framed Together: The Human Body*. Although much anatomy and physiology of the human body is presented, *Fitly Framed Together: The Human Body* is not intended to be a textbook for academic study in the classroom. However, it can be a valued resource that can possibly help your understanding and acceptance as to the creation of man by God and his value to God. By the very nature of the anatomy and physiology of the human body, it must be fitly framed together.

**bible verses about diet and exercise: The Divine Diet** Carole Lewis, 2004

**bible verses about diet and exercise: After the Honeymoon** Virgil L. Brady, 2019-02-26  
After nineteen years, author Virgil L. Brady is still learning how to retire. He's concluded that successful retirement results from continual and honest introspection. By accepting the challenges of this new stage of life, the retiree can arrive at a liberating state of gratitude. In *After the Honeymoon*, Brady gives tips and advice for ensuring that retirement brings positive growth. By naming and examining mental and emotional barriers such as mortality, the retiree can confront aging as an opportunity for self-determination. Four keywords shape Brady's approach to making lifestyle changes in full maturity: difficult, different, work, and enjoyable.



**bible verses about diet and exercise:** Gloryland H. B. Cavalcanti, 2007-10-30 Christian conservatism has changed drastically in the last 25 years. From the working-class faith of small, autonomous rural churches or storefront sanctuaries to the megachurches of the suburbs and the halls of power—Congress and the White House—the faith is no longer at the margins of American religion. Rather, it is a dominant force in the American public square. For the first time in its history, Christian conservatism boasts an expanded network of born-again clubs and services that closely follow secular trends in the American consumer market. A veritable Christian suburbia has been created that parallels its secular counterpart. This Christian conservative co-optation of suburbia is unprecedented in the history of the movement. Their embrace of modernity and middle-class lifestyle is a stark contrast to Christian conservatives who avoided engaging with modernity earlier in the 20th century. How did conservative Christianity change, and how is this change affecting its relationship with the larger society? Influenced by middle-class values, power, and education, Christian conservatism has opted to engage with modern political life, allying itself with the Republican Party, and developing an extensive political agenda of its own. This book documents the transformation of Christian conservatism into a middle-class faith and argues that the changes experienced by Christian conservatism are part of a larger religious realignment in American Christianity. Conservative Christianity, once home primarily to working-class religious communities, greatly benefited from the migration of conservative Christians from other denominations as a result of the 1960s Cultural Revolution. The final goal of the movement is, of course, the creation of a biblically-based society, one whose laws are defined by a conservative reading of the Scriptures and whose public mores are more akin to its newly gained middle class status. The push to restore a Christian America raises questions about the conservative Christian faith. Cavalcanti answers those questions as he traces the growth of the movement and its goals.

**bible verses about diet and exercise:** The Anchor Course Tom Goodman, 2007-03 When Bono explained his Christian faith to a reporter, the frontman for the band U2 said, I'm the sort of character who's got to have an anchor. I want to be around immovable objects. If you're ready to anchor your life to something solid, this book will help. Through the pages of The Anchor Course, spiritual seekers can discover the meaning of Christianity and believers can develop their understanding of the faith.

**bible verses about diet and exercise:** A Family Guide to the Bible Christin Ditchfield, 2009-05-08 All Christian parents want their children to gain a better understanding of God's Word, but many of them are still searching to completely understand the Bible themselves. How can they confidently share what they believe with their families? A Family Guide to the Bible takes readers on a fun and exciting tour through all sixty-six books of the Bible and offers parents, grandparents, and teachers a better understanding of the Scriptures so they can help the children in their lives know what is in the Bible, where to find it, and how it all fits together. As Christians become more familiar with God's Word, they will gain greater confidence as they share what they believe with their family and friends, help answer questions concerning the Bible, and encourage others to grow deeper in their walks of faith.

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**bible verses about diet and exercise: Quiet Time Bible Guide** Cindy Bunch, 2005-06-01 Discover the riches of Scripture! Based on the groundbreaking LifeGuide Bible Studies® series and edited by Cindy Bunch, the Quiet Time Bible Guide takes you through a year in the New Testament and Psalms, engaging the Scriptures inductively and establishing a connection with God to carry you through the day.

**bible verses about diet and exercise: Fitness, Diet, Self Care and Weight Loss Journal for Christians** Kingdom Bytes, 2019-01-25 Are you trying to develop healthier eating habits, to get into shape, take better care of yourself, and live life to its fullest; while improving your health and wellness? This meal planner, exercise and self-care diary will help you to set realistic goals for yourself and work towards accomplishing them, one day at a time. It will be the perfect daily companion on your journey to becoming the best version of yourself! It includes a motivating Bible scripture verse for each day of the week, to help to inspire you on your journey towards good health and happiness. Living a healthier lifestyle is not always easy. Whether you're going gluten-free, vegan, vegetarian, paleo, low carb, high protein, starting an elimination diet to figure out food allergies or trigger foods, tracking points, clean-eating, or just eating more whole grains, and plant-based foods; your new food plan can be overwhelming at first. However, this food and exercise diary is a simple and effective tool to help you tackle your eating goals. There are sections for breakfast, lunch, dinner, snacks, and water intake; as well as a place to track daily activity, cravings, and feelings about your progress. You can monitor weight, blood pressure and blood sugar levels, calorie intake etc. It has six months of daily spreads, giving you plenty of time for the development and formation of a healthy eating habit. Features: Record your daily food consumption: breakfast, lunch, dinner, snacks, calories. Monitor your daily calorie and water intake Keep track of your daily physical activity and exercise Track your cravings and respond to them appropriately Keep an eye on whether you get enough sleep Think about your mood and how it affects your eating habits etc. Reflect on your feelings about your progress and take steps to improve each day. Monitor your weight, blood pressure and blood sugar levels etc. Daily motivational Bible scripture verse Why are food diaries so effective as a weight loss tactic? Writing down and keeping track of your daily food intake gives you a good perception of how much you actually consume each day. Studies have shown that tracking and planning your meals, yield great results, even recording your nutrition for just one day can make a huge difference. Journal notebooks help you to identify your good habits; E.g. choosing healthy nutritious snacks and plant-based foods; and your bad habits; such as eating too many unhealthy snacks or drinking mostly sugary drinks. This health, wellness & self-care journal will be the perfect daily companion on your journey to becoming a better you!

**bible verses about diet and exercise: I'm Listening** Pam Mycoskie, 2009-11-29 In I'm Listening! Pam Mycoskie teaches readers her tricks and ideas to make low-fat eating fun, easy and

tasty. She covers exercise, food and nutrition and includes a range of different recipes.

**bible verses about diet and exercise: More Sex, Soup, and Two Fisted Eating** Katie Robles, 2017-08-15 Stay motivated to lose weight and get healthy with a second helping of the habits you love. Complete with boxing matches, Diet Drones, and an asthmatic T-Rex, More Sex Soup is a laugh riot to fuel your diet. More fun: grin-inducing inspiration, cartoons, songs, poems, and power tools. More educational: know the science behind the healthy habits and learn to exercise your brain, avoid the meth munchies, and cure bad breath and constipation for free. More festive: includes a Holiday Guide to keep you on track through candy overload, gratitude feasts with pie, and a saintly celebration of greens. More recipes: vegetable packed soups, sides, entrees, and desserts that will have you craving what's good for you.

**bible verses about diet and exercise: Searching the Scriptures** Charles R. Swindoll, 2016-09-13 2017 ECPA Christian Book Award Finalist (Christian Living category) Are you getting the spiritual nourishment you need? Optimal health requires optimal nutrition. The same is true spiritually speaking. Without sufficient and regular biblical nutrition, our inner lives begin to suffer the consequences. We become shallow and selfish, more demanding and less gentle, and quick to react impatiently, rashly, and angrily. These are telltale signs of inner malnutrition. In *Searching the Scriptures*, respected Bible teacher Chuck Swindoll shows us how to dig deep into Scripture and uncover its profound truths for our lives. He outlines the principles of Bible study that will help you understand God's Word, apply it, and communicate it clearly to those around you. Too many people try to go it alone, without a guide, for this life and the next. Chuck explains how we can fix our own spiritual meals, then invites us to feast on nourishing truths we can discover in God's Word.

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