

How You Can Plan Your Diet—With God's Help

Your day-to-day eating, or diet, actually begins with the choices you make at the grocery store. The degree to which you eat in a healthy way at home is largely determined by what food and beverages you have on hand.

So the choices you make as you walk down the aisles of the grocery store are hugely important!

In this post, I'm not going to suggest to you what specific foods to purchase, but I'll try to address a few factors that will likely influence the kind of choices you make.

First, I encourage you to step back and reflect deep within your heart, soul and mind and ask yourself these kinds of questions—"Am I committed to eat well?" "Do I really, really desire to put healthy foods and beverages into my body?" "Is it really important for me to care for my body because it is the temple of the Holy Spirit (1 Cor. 6:19)?" These are matters of the will. They require you to be honest with yourself and with God at a deep level.

Second, if you respond with a "yes" to these questions, you'll likely have to surrender yourself at a deeper level to God and to His will. You'll have to depend on God and His power to enable you to make the healthier choices at the store. If you struggle with selecting healthy items, and you're committed to making changes, I encourage you to be intentional in saying a prayer before you enter the store, even as you walk through the store doors and grab a cart. Ask Him to help you. Tell Him that you recognize that you rely on Him and His Spirit to empower you. Remind yourself that what is impossible in your own strength is possible with God.

"What is impossible for people is possible with God" (Luke

18:27).

Third, add a visual prompt to bring God into your choices. Nowadays, many of us use a digital list on our mobile device for our grocery lists. My wife and I share a reminder on our iPhones. It's labeled "Groceries." Just this morning, the Holy Spirit prompted me to add the Scripture from Luke 18:27 at the top of the list. I plan to keep it there as a reminder to invite God into our decisions when we shop for food. As I meditate on this verse and ask the Holy Spirit to empower me at the store, I'm convinced that my food choices will be healthier.

If you use a paper-and-pen method to shop from, perhaps you could write the verse above, or something meaningful, at the top of your list.

I hope this helps.

If you've accepted Jesus into your heart, the Holy Spirit lives within you. You have a responsibility to care for your body, as Jesus paid a high price for you on the cross. "You were bought with a price. Therefore glorify God in your body and in your spirit, which are God's" (1 Cor. 6:20). Healthy eating is one key to doing that! {eoa}

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