

Bible Immersion

The Bible for Food Recovery



The Bible teaches us that when we come to Jesus through salvation, we are given a new identity. Our past is behind us. We have been redeemed! Nevertheless, we are bombarded throughout the day by old thoughts that often rise up and attempt to pull us back into behaviors which are not honoring to God. Emotional and compulsive overeating are examples of what results when we believe lies and forget our true identity. When a Christian runs to the food when they should be running to God, they are behaving like one who has had a memory loss. They have forgotten that these are behaviors of the flesh, and that they are no longer their flesh!

The Bible for Food Recovery is a 501(c)(3) ministry that has been organized to offer support to those who struggle with food addictions and eating disorders. We teach our members how to grow in their Christ-centered Identity through **Bible Immersion** and disciplined eating. To find out more about The Bible for Food Recovery and their Ninety Day Shepherd Program, please see our website (www.bibleforfood.org), or contact Pat Nordstrom at bibleforfood@gmail.com.

Quick Start Guide to Bible Immersion

- Get a Bible that you are willing to write in and mark up.
- Get a translation that speaks to your heart.
- Pray for the willingness and strength to make the Bible a priority---done with sincerity, done consistently.
- Asked to be filled with the Holy Spirit so that you hear and understand what God speaks.
- Find a reading schedule that will course you through the entire Bible in a year. Employ the USE method for a deeper interaction with the word.
- Journal on two primary questions: 1) What does this bring to mind? 2) What might God be saying to me?
- Write a prayer to God.
- Pray to God deeply about what the word has stirred in your heart.

USE Method for Bible Study

U – Underline

While reading, underline anything that stands out/speaks to you.

S – Select

After reading, select a word, phrase, or paragraph that was underlined and do a deeper study. Remember: “Think. Write. Pray.”

E – Explore

Use a variety of tools, such as dictionaries, lexicons, or a paraphrased Bible, to increase your understanding of the selected passage.



If anyone is in Christ, he is a new creation; the old has gone, the new has come! All this is from God, who reconciled us to himself through Christ and gave us the ministry of reconciliation. ~ 2 Corinthians 5:17-18