

THE NINETY DAYS MEETING INTRO

Speaker 1:

Hi, my name is _____.

Speaker 2:

Hi, my name is _____.

Speaker 1:

We are both born-again believers in the Lord Jesus Christ. We are both abstinent and grateful, and God is showing us the importance of eating in a God-honoring way so that we can serve Him in a God-honoring way.

Speaker 2:

We welcome you to this meeting. This meeting is called 90 Days of Encouragement for the Christian Overeater.

Speaker 1:

I would like to start us off with the Word of God, followed by a prayer for our time together in Bible for Food Recovery. We encourage our members to read through the entire Bible each year and to study the Bible daily. We send out a Through-the-Bible reading schedule each night as part of an email loop.

If you are new to Bible for Food and do not have your own Bible study, we would love for you to join us. Following this schedule helps us encourage each other as we go along, and it is also the same schedule we use for our Zoom teaching meetings. In these meetings, we share insights from the Word, which strengthens our fellowship.

Today's reading includes both the Old Testament and the New Testament. In the Old Testament...

Let me pray:

Speaker 2:

Hello again. This is _____ and _____. If this is your first time at this meeting, we welcome you. This meeting is part of the Bible for Food Recovery ministry.

Speaker 1:

Bible for Food Recovery is a Christ-centered food recovery ministry. You can find more information at bibleforfood.org.

Speaker 2:

Bible for Food consists of people who have struggled with emotional, compulsive, overeating, and undereating.

Speaker 1:

We are convinced that we never have to eat compulsively again—as long as we keep our identity in Jesus Christ at the forefront of our hearts and minds.

Speaker 2:

To that end, we purpose daily to read, study, and apply the Word of God in a way that keeps us mindful that we are new creations in Christ.

Speaker 1:

We are not our flesh. We are not our past. We have been commissioned by God to take the good news of Jesus into our daily lives.

Speaker 2:

God wants us to be equipped and unhindered. We practice Bible immersion to stay equipped.

Speaker 1:

We get abstinent and stay abstinent to remain unhindered. Hebrews 12:1 reminds us:

“Since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us.”

Speaker 2:

If you are new to Bible for Food, we encourage you to start Bible immersion. It is designed to draw you into the Word of God daily.

Speaker 1:

There are three weekly Zoom workshops to help you learn and practice Bible immersion. Information about these workshops is available on our homepage at bibleforfood.org.

Speaker 2:

At these workshops, you will read Scripture, listen to Scripture, think about Scripture, write about Scripture, and share your insights and prayers with others.

Speaker 1:

The “How-To Guide for Bible Immersion” is available via links on our website. There’s also a book titled Bible Immersion: A Life-Changing Way to Encounter the Word of God.

Speaker 2:

As Christians, we are called to watch and pray that we do not fall into temptation. Matthew 26:41 states:

“Watch and pray that you may not enter into temptation. The spirit indeed is willing, but the flesh is weak.”

Speaker 1:

Since we must eat daily, we could easily backslide into old behaviors with food. We must continually ask God

Speaker 2:

for the willingness to be prayerful, mindful, and disciplined regarding our eating.

Speaker 1:

Unhealthy eating patterns affect our thinking, our moods, and even our bodies. This can lead to discouragement and depression.

Speaker 2:

In Bible for Food, we strive to be strong examples to one another, aiming to stay lean and healthy for a lifetime. Here's a method that works:

Speaker 1:

1. Adopt a written food plan and stick to it without deviation.
2. Prayerfully surrender to portion control at every meal.

Speaker 2:

3. Work honestly with a food sponsor.
4. Pray daily to remain abstinent and never lose it again.

Speaker 1:

Not being abstinent is a hindrance to working wholeheartedly for the Lord. We have been given the Holy Spirit to help us.

Speaker 2:

We must call on the Holy Spirit to help us stay abstinent. Otherwise , it is sin for us

James 4:17 says:

“Anyone, then, who knows the good he ought to do and doesn’t do it, for him it is sin.”

Speaker 1:

Finally, we emphasize Bible memorization. Many tools can help—apps, partners, or simply committing a little time each day.