

Nutrition Workshop



On the **Fitfish** retreats we will spend some time looking at nutrition and how God has amazingly designed our bodies to work to absorb everything that we need and reject the stuff that we don't.

Gen 2:16 (NIV)

'And the LORD God commanded the man, you are free to eat from any tree in the garden'

God has told us that we can freely eat from all of the trees in the garden. Anything that he has created we can eat freely of! Sound good?

It goes against the word diet, only eating certain things at certain times and in certain ways or the idea of being really disciplined with counting, weighing and controlling our food doesn't it?

At **Fitfish** we believe that God gave us everything to provide us with all of the vitamins, minerals and energy that we need. And he made these gifts taste great too (well most things...we obviously all have our personal tastes!)

The world and our culture has changed though and as well as some very talented chefs leading the way with amazing culinary delights made from whole

food and natural ingredients we also live in a world where there is a great array of other more man made goodies...

At **Fitfish** we're not saying to avoid these completely and believe in the 80/20% rule. Eat from God's plate 80% of the time and then when others have cooked for you, you're eating out or it's just one of those days then don't worry, enjoy and get back to God's plate when you can...

Do you believe that the Holy Spirit guides you in the big decisions in your life? Have you seen evidence of this? How much more so will he guide you in the smaller decisions of what we put into our mouth and bodies.....

Proverbs 3:6 NIV

'In all your ways acknowledge him, and he will make your paths straight.'

....he's given us hunger pangs and he's given us those 'I'm far too full' feelings, as well as cravings and an eye for colour and variety. He also loves it when we eat together.....Jesus did that a lot!

Make sense? Come and find out more...

