



10 Biblical Reflection Questions to Heal Your Relationship with Food & Body

This mini Bible study is designed to help you shift from a vanity-driven view of health to a biblical perspective— honoring God with your body as His temple. Use these reflection questions, journal prompts, and practical tips to invite God into your journey of healing your relationship with food and your body.

Romans 12:1 – Living Sacrifice

How can I see my health not as a pursuit of perfection, but as worship to God?

1 Corinthians 6:19-20 – Body as a Temple

In what ways have I treated my body as my own possession instead of God's?

Genesis 1:29 – God's Provision

What whole foods from God's creation can I enjoy more of to nourish my body?

Proverbs 4:20-22 – God's Word Brings Life

How can I fill myself with God's Word to bring peace and health to my body and mind?

Daniel 1:12-15 – Choosing God's Way

Am I willing to say no to the world's ways of eating and choose God's design for food?

Proverbs 17:22 – Emotional Health

How do my emotions impact my health choices, and how can I invite God's joy into this area?

Colossians 3:17 – Purpose in All Things

How can I shift my focus from physical appearance to serving God with strength and purpose?

Hosea 4:6 – Lack of Knowledge

What truths about health from Scripture have I been ignoring or unaware of?

3 John 1:2 – Prosper in Health

How can I align my physical health goals with the prosperity of my soul?

Philippians 4:13 – Strength in Christ

When I struggle with food or body image, how can I lean on Christ for strength?

Biblical Whole Foods to Enjoy:

- Fruits: figs, dates, grapes, pomegranates, apples, olives
- Vegetables: lentils, cucumbers, onions, garlic
- Grains: barley, wheat, millet, spelt
- Nuts & Seeds: almonds, flax, mustard seed
- Proteins: clean fish (with fins and scales), lamb, goat, free-range poultry, eggs
- Healthy Oils: olive oil, flax oil
- Natural Sweeteners: raw honey

Things to Limit or Avoid to Support Your Body:

- Highly processed foods and refined sugars
- Excess alcohol
- Unclean meats (e.g., pork, shellfish)
- Artificial additives, preservatives, and trans fats

- Overconsumption of commercial dairy or hormone-injected meats

Remember: Healing your relationship with food and your body is not about rules, but about relationship. God designed your body as His dwelling place. Care for it with joy, gratitude, and intentional choices, and let every meal and movement be an act of worship.