

NAD Health Sabbath
July 24, 2021
NADhealth.org/healthsabbath

Youth/Young Adult
Teacher's Guide

Joy of Eating



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JOY OF EATING



Welcome

Welcome to this week's study on "The Joy of Eating!" We have created daily lessons, video resources and this study guide for this week's topic. Additional resources and the discussion prompts from the daily lessons are included in this teacher's guide. A few things to keep in mind as you facilitate this week's Sabbath School class are:

- The subject of food—especially disordered eating or body image—can be triggering to some individuals. It might be helpful to issue a trigger warning at the beginning of your discussion time and invite the participants to step out or reach out for support as needed. It may also be helpful to have a designated adult staff member who can check on any individuals who feel the need to leave during class.
- Encouraging Sabbath School participants to be sensitive to the variety of dietary choices that might be present in class could also be helpful. The focus of the topic is the joy that God intends us to experience with food and that is an excellent theme to bring the discussion back to if it wanders.
- Sharing your own favorite memories of family traditions surrounding special meals or other joyful eating memories of your own is a wonderful way to start the discussion time with participants engaging in the joy and delight of the subject.

Visit the website for videos and other resources: <https://nadhealth.org/healthsabbath/>



The Dinner Party

“And I saw a table of pure silver. It was many miles in length, yet our eyes could extend over it. I saw the fruit of the tree of life, the manna, almonds, figs, pomegranates, grapes, and many other kinds of fruit. I asked Jesus to let me eat of the fruit. He said, Not now. Those who eat of the fruit of this land, go back to earth no more. But in a little while, if faithful, you shall both eat of the fruit of the tree of life, and drink of the water of the fountain.” (Spiritual Gifts, Volume 2, 52-55)

“Jesus did not begin His ministry by some great work before the Sanhedrin at Jerusalem. At a household gathering in a little Galilean village His power was put forth to add to the joy of a wedding feast. Thus He showed His sympathy with men, and His desire to minister to their happiness.” (Desire of Ages, 144)

Biblical Prompt

As you read some of what the Bible describe about eating and enjoying food, what do you notice? What do these verses tell you about the role God intended food to play in our lives?

Revelation 2:7 “Anyone with ears to hear must listen to the Spirit and understand what he is saying to the churches. To everyone who is victorious I will give fruit from the tree of life in the paradise of God.”

Revelation 3:20 “Look! I stand at the door and knock. If you hear my voice and open the door, I will come in, and we will share a meal together as friends.”

Revelation 22:17 “The Spirit and the bride say, ‘Come.’ Let anyone who hears this say, ‘Come.’ Let anyone who is thirsty come. Let anyone who desires drink freely from the water of life.”

Personal Reflection

What kinds of attitudes toward food did you grow up with? How are these similar to or different from those you identified in the previous prompt?



Memorable Meals

“In commemoration of this great deliverance a feast was to be observed yearly by the people of Israel in all future generations. ‘This day shall be unto you for a memorial; and ye shall keep it a feast to the Lord throughout your generations: ye shall keep it a feast by an ordinance forever.’ As they should keep the feast in future years, they were to repeat to their children the story of this great deliverance, as Moses bade them: ‘Ye shall say, It is the sacrifice of the Lord’s Passover, who pass over the house of the children of Israel in Egypt, when he smote the Egyptians, and delivered our houses.’” (Patriarchs and Prophets, 274.3)

“The Passover was to be both commemorative and typical, not only in pointing back to the deliverance from Egypt, but forward to the greater deliverance which Christ was to accomplish in freeing His people from the bondage of sin.” (Patriarchs and Prophets, 277.1)

Biblical Prompt

The Bible contains many stories of memorable meals and each is associated with unique and important meaning. Read the following passages about some of these stories.

Exodus 16:11-18

Mark 6: 34-44

Matthew 26:26-29

Meals in the Bible are used to show God’s miraculous power and His compassionate love and can be a way of instituting rituals of remembering, such as with Passover and the Last Supper. After reading these stories of memorable meals, which one stands out to you and why?

Personal Reflection

What is the most memorable meal you have personally experienced? What about the food particularly made it such a rich experience?



Everybody Eats

“Mealtime should be a season for social intercourse [visiting, interaction] and refreshment. Everything that can burden or irritate should be banished. Let trust and kindness and gratitude to the Giver of all good be cherished, and the conversation will be cheerful, a pleasant flow of thought that will uplift without wearying.”
{Child Guidance, 387.1}

Biblical Prompt

What do you notice about how sharing food can be used to create connection? How does God use food and eating together to create closeness?

Psalm 23:5 “You prepare a table before me in the presence of my enemies; You anoint my head with oil; My cup runs over.”

Matthew 14:18-20 “He said, ‘Bring them here to Me.’ Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes. So they all ate and were filled, and took up twelve baskets full of the fragments that remained.”

Luke 15:22-24 “But the father said to his servants, ‘Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet. Bring the fattened calf and kill it. Let’s have a feast and celebrate. For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.”

Personal Reflection

How do you want to use the joy of eating to increase connection in your social community? Are there ways that you can use connection through eating to serve God or create “divine appointments”?



Thursday

Barriers to Joy in Eating

A study was done in 2011, which reported anorexia as the deadliest psychiatric disorder, surpassing bipolar, schizophrenia and other mental health disorders (<https://www.nimh.nih.gov/health/topics/eating-disorders/>). Class discussion time is an excellent opportunity to bring out that it is important to seek help if they think that they or someone they know might be struggling with body image or an eating disorder. Every person deserves to live a full life and to feel that they can live at peace with their body. The National Eating Disorder Association website has helpful information and resources: <https://www.nationaleatingdisorders.org>.

Psalm 138:16-18 “Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious to me are your thoughts, God! How vast is the sum of them! Were I to count them, they would outnumber the grains of sand—when I awake, I am still with you.”

Isaiah 43:1 “But now, this is what the Lord says— he who created you, Jacob, he who formed you, Israel: “Do not fear, for I have redeemed you; I have summoned you by name; you are mine.”

Discussion Prompt

What barriers have you or someone you know experienced to finding joy in eating? What factors do you think contributed to building this barrier?

Challenge

In what ways can you help minimize barriers for yourself or others? What resources might you need?

For More Information

<https://www.feedingamerica.org/hunger-in-america/food-insecurity>

http://www.fao.org/3/ca9692en/online/ca9692en.html#chapter-1_1

<https://www.feedingamerica.org/hunger-in-america/facts>

<https://twin-cities.umn.edu/news-events/nearly-one-four-young-people-experience-food-insecurity-adolescence-adulthood>

<https://www.swipehunger.org/whycollegehunger/#the-evidence>

<https://onlinelibrary.wiley.com/doi/full/10.1111/phn.12708>

<https://www.swipehunger.org/legtracker/>



Sharing the Joy of Eating

The Lord has endowed [Christians] with capabilities, and power, and influence; He has entrusted them with money, that they may be co-workers with Him in the great redemption. All His gifts are to be used in blessing humanity, in relieving the suffering and the needy. We are to feed the hungry, to clothe the naked, to care for the widow and the fatherless, to minister to the distressed and downtrodden. God never meant that the widespread misery in the world should exist. He never meant that one man should have an abundance of the luxuries of life, while the children of others should cry for bread. The means over and above the actual necessities of life are entrusted to man to do good, to bless humanity. The Lord says, “Sell that ye have, and give alms.” **Luke 12:33**. Be “ready to distribute, willing to communicate.” **1 Timothy 6:18**. “When thou makest a feast, call the poor, the maimed, the lame, the blind.” **Luke 14:13**. “Loose the bands of wickedness,” “undo the heavy burdens,” “let the oppressed go free,” “break every yoke.” “Deal thy bread to the hungry,” “bring the poor that are cast out to thy house.” “When thou seest the naked, . . . cover him.” “Satisfy the afflicted soul.” **Isaiah 58:6, 7, 10**. “Go ye into all the world, and preach the gospel to every creature.” **Mark 16:15**. These are the Lord’s commands. Are the great body of professed Christians doing this work? {Christ’s Object Lessons, 370.1}

Acts 2:44-47 All the believers were together and had everything in common. They sold property and possessions to give to anyone who had need. Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.

Challenge

We called to be active in our faith; what conviction is God placing on your heart to actively engage in serving those experiencing food insecurity?

For More Information

The NAD Health Ministries has produced an Action Guide on Health Disparities, including addressing food insecurity. Visit NADhealth.org/disparities for more information.

Think. Ask. Act.



Not all of us have a healthy relationship with food. This could be due to food insecurity, not having enough information about it, other challenges that impact our ability to make healthy choices, or simply not having a desire for making changes in our eating patterns. Whatever the reason, we can be assured that God's thoughts for us are for peace (Jeremiah 29:11) and His ways are higher than ours (Isaiah 55:9). And He can give us strength, power, and courage to face these challenges and conquer in His name.

Higher than the highest human thought can reach is God's ideal for His children...He who co-operates with the divine purpose in imparting to the youth a knowledge of God, and molding the character into harmony with His, does a high and noble work. As he awakens a desire to reach God's ideal, he presents an education that is as high as heaven and as broad as the universe; an education that cannot be completed in this life, but that will be continued in the life to come; an education that secures to the successful student his passport from the preparatory school of earth to the higher grade, the school above. {Education 19.1}

Resources

The new Health Disparities Action Guide provides information on how you can help people who struggle with food insecurity: [NADhealth.org/disparities](https://www.nadhealth.org/disparities).

For help with issues related to food addictions, take a look at the Journey to Wholeness recovery program: [NADhealth.org/recovery](https://www.nadhealth.org/recovery).

All Biblical texts taken from the New International Version (NIV).