



Pt. 1 - Discussion Questions:

1. If you could only eat one food for the rest of your life, what would it be?
2. It can be fairly easy to see the results of a bad diet. Have you noticed that other things you consume affect you as well?
3. How have you seen social media, news, screens or music affect your day positively or negatively?
4. If changing a few things could make a difference in your life would you do it? What do you think you could change?
5. Read Proverbs 4:23 and Matthew 15:17-20.
 - a. Why is it so important to guard your heart?
 - b. How can you guard your heart?
 - c. Do you think it's true that the things in our heart will come out whether we want them to or not?
6. If you were to assess the state of your heart, what would you say? What do you think has made the biggest impact?

Next Steps:

- Here's how to defeat the consumption assumption. Answer the following questions each day.
 - What did I see, here, and eat today?
 - How did it make me feel?