FORMATIONS

SPIRITUAL DEVELOPMENT SKILLS

Big Idea - Food forms us in 3 ways:,, and	<u>_</u> .
Food forms us through fueling.	
1. Fueling demands	
We depend upon	
We depend upon	
We depend upon	
o God food.	
■ Genesis 2:8-9 -	
■ Genesis 1:29-31 –	
■ Genesis 9:3 –	
o God food.	
■ Job 5:8-10 -	
o God food.	
■ Psalms 104:14-15 -	
■ Psalm 136:25 -	
■ Psalm 145:14-15 –	
■ Psalm 147:7-9 –	
2. Fueling generates	
Thanksgiving is	
Thankful Responses to food:	
o Israel - Deuteronomy 8:5-10	
Jesus - Luke 22:17-19Early Church - Acts 2:42	
 Early Church - Acts 2:42 Paul - Acts 27, Romans 14, 1 Corinthians 10:31-32, 1 Timothy 4 	
 Everything - Colossians 3:17 	

9 Seconds.	
purposefully. Take 3 seconds to recognize your dependence on food.	
• Take 3 seconds to humbly remember God gifts you food through many people	€.
• directly.	
Take 3 seconds to respond "Father, thank you very much."	
Then	
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How do we take the habit of food and transform it into liturgy?