

# FORMATIONS

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**SPIRITUAL DEVELOPMENT SKILLS**

**FORMED BY FOOD**

**JUNE 12 AND 19**







**JELLO** black cherry  
 23 NOV 2023 20:31 0803  
 GELATIN DESSERT K  
 80 CALORIES  
 No High Fructose Corn Syrup

**JELLO** strawberry  
 23 NOV 2023 23:08 0803  
 GELATIN DESSERT K  
 80 CALORIES  
 No High Fructose Corn Syrup

**JELLO** orange  
 19 OCT 2023 05:28 0803  
 GELATIN DESSERT K  
 80 CALORIES  
 No High Fructose Corn Syrup

**JELLO** island pineapple  
 24 DEC 2023 06:47 0803  
 GELATIN DESSERT K  
 80 CALORIES  
 No High Fructose Corn Syrup

**JELLO** lime  
 27 NOV 2023 03:10 0803  
 GELATIN DESSERT K  
 80 CALORIES  
 No High Fructose Corn Syrup

**JELLO** berry blue  
 07 SEP 2023 06:48 0803  
 GELATIN DESSERT K  
 80 CALORIES  
 No High Fructose Corn Syrup

**JELLO** grape  
 01 JAN 2024 23:03 0803  
 GELATIN DESSERT K  
 80 CALORIES  
 No High Fructose Corn Syrup





“Spiritual formation [is when] people are inwardly transformed in such a way that the personality and deeds of Jesus Christ naturally flow out from them ... so that what comes out of [them] automatically are the words and deeds of Christ.”

Dallas Willard



**Big Idea** - Food forms us.



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**fueling, fasting, and feasting**

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**fueling**, fasting, and feasting

Food forms us through fueling.

“Of course we can’t live without eating, so we make a concession to stop and stuff something in our mouths, as if food is simply a fuel—which is to say that our bodies are simply machines.

“But we’re not machines, we’re human beings.  
A people who are made to eat. Regularly. And  
with others.... We were created to be:  
dependent and communal human beings.”

Justin Early



1. Fueling demands humility.

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- We depend upon **food**: be humble.





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- We depend upon food: be humble.
- We depend on **people for food**:  
be humble.



## 1. Fueling demands humility.

- We depend upon food: be humble.
- We depend on people for food:  
be humble.
- We depend on **God for food**: be humble.

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- We depend upon food: be humble.
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be humble.
- We depend on **God for food**: be humble.

God **created** food.

“And the LORD God planted a garden in Eden, in the east, and there he put the man whom he had formed. And out of the ground the LORD God made to spring up every tree that is pleasant to the sight and good for food.”

Genesis 2:8-9



“And God said, ‘Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food.’

“And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.”

Genesis 1:29





“Every moving thing that lives shall be food for you. And as I gave you the green plants, I give you everything.”

Genesis 9:3



- God created food.
- God **sustains** food.

- God created food.
- God **sustains** food.

“As for me, I would seek God, and to God would I commit my cause, who does great things and unsearchable, marvelous things without number: he gives rain on the earth and sends waters on the fields.”

Job 5:8-10



- God created food.
- God sustains food.
- God **gifts** food.

- God created food.
- God sustains food.
- God **gifts** food.

“You cause the grass to grow for the livestock and plants for man to cultivate, that he may bring forth food from the earth and wine to gladden the heart of man, oil to make his face shine and bread to strengthen man’s heart.”

Psalm 104:14-15



“He who gives food to all flesh, for his  
steadfast love endures forever.”

Psalm 136:25

“The eyes of all look to you, and you give them their food in due season. You open your hand; you satisfy the desire of every living thing.”

Psalm 145:15-16

“Sing to the LORD with thanksgiving; make melody to our God on the lyre! He covers the heavens with clouds; he prepares rain for the earth; he makes grass grow on the hills. He gives to the beasts their food, and to the young ravens that cry.”

Psalm 147:7-9







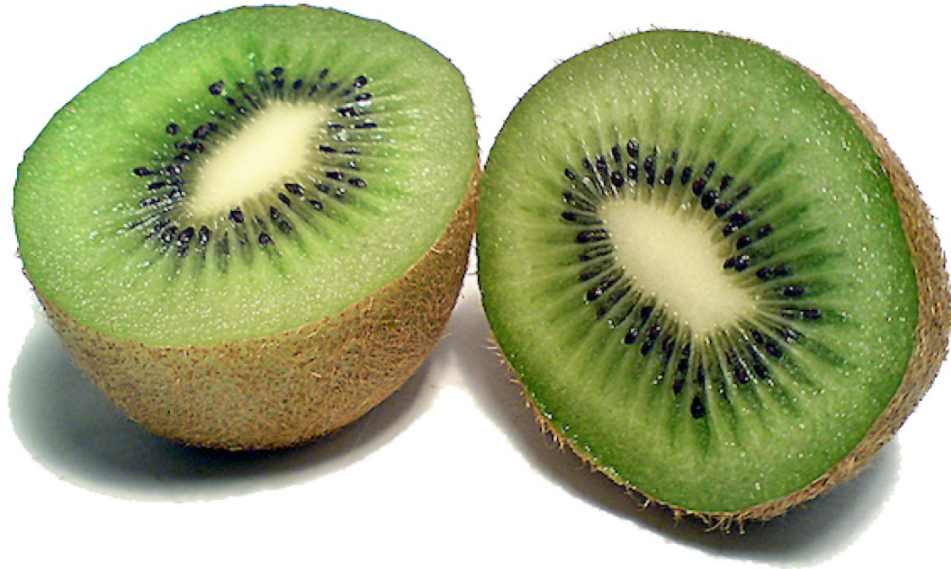
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1. Fueling demands humility.
2. Fueling generates **thanksgiving**.

1. Fueling demands humility.
2. Fueling generates thanksgiving.
  - Thanksgiving is **humility vocalized**.

“For the LORD your God is bringing you into a good land, a land of brooks of water, of fountains and springs, flowing out in the valleys and hills, a land of wheat and barley, of vines and fig trees and pomegranates, a land of olive trees and honey,

“a land in which you will eat bread without scarcity, in which you will lack nothing.... And you shall eat and be full, and you shall bless the LORD your God for the good land he has given you.”

Deuteronomy 8:7

“And he took a cup, and when he had given thanks he said, ‘Take this, and divide it among yourselves. For I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes.’

“And he took bread, and when he had given thanks, he broke it and gave it to them, saying, ‘This is my body, which is given for you. Do this in remembrance of me.’”

Luke 22:17-19



“Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated. So also the fish, as much as they wanted.”

John 6:11



“And they devoted themselves to the apostles’ teaching and the fellowship, to the breaking of bread and the prayers.... And day by day, attending the temple together and breaking bread in their homes, they received their food with glad and generous hearts.”

Acts 2:42



“[Paul] took bread, and giving thanks to God in the presence of all he broke it and began to eat. Then they all were encouraged and ate some food themselves.”

Acts 27:35



“The one who eats, eats in honor of the Lord, since he gives thanks to God, while the one who abstains, abstains in honor of the Lord and gives thanks to God.”

Romans 14:6

“If I partake with thankfulness, why am I denounced because of that for which I give thanks? So, whether you eat or drink, or whatever you do, do all to the glory of God.”

1 Corinthians 10:31-32





“For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, for it is made holy by the word of God and prayer.”

1 Timothy 4:4

“And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.”

Colossians 3:17



“For what can be known about God is plain to them, because God has shown it to them.

“For his invisible attributes, namely, his eternal power and divine nature, have been clearly perceived, ever since the creation of the world, in the things that have been made.

“So they are without excuse. For although they knew God, they did not honor him as God or give thanks to him.”

Romans 1:19-21





**Pause** purposefully.

**Pause** purposefully.

Take 3 seconds to recognize your dependence on food.

Pause purposefully.

**Choose humility.**

Pause purposefully.

**Choose humility.**

Take 3 seconds to remember God gifted you  
food through many people.

Pause purposefully.

Choose humility.

**Thank** directly.

Pause purposefully.

Choose humility.

**Thank** directly.

Take 3 seconds to respond, “Father, thank you very much.”

Pause purposefully.

Choose humility.

Thank directly.

**Eat joyfully!**

- Choose humility over independence.



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- Cultivate a thankful heart instead of an entitled heart.

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- Heighten our view of God as personal rather than distant.

- Choose humility over independence.
- Cultivate a thankful heart instead of an entitled heart.
- Heighten our view of God as personal rather than distant.
- Raise our awareness of God's creative power.

- Remind ourselves that God sustains the world with rain.

- Remind ourselves that God sustains the world with rain.
- Broaden our view of the interconnectedness we have with our neighbors all over the world through the food on our plate.

- Remind ourselves that God sustains the world with rain.
- Broaden our view of the interconnectedness we have with our neighbors all over the world through the food on our plate.
- Enjoy amazing gifts.

