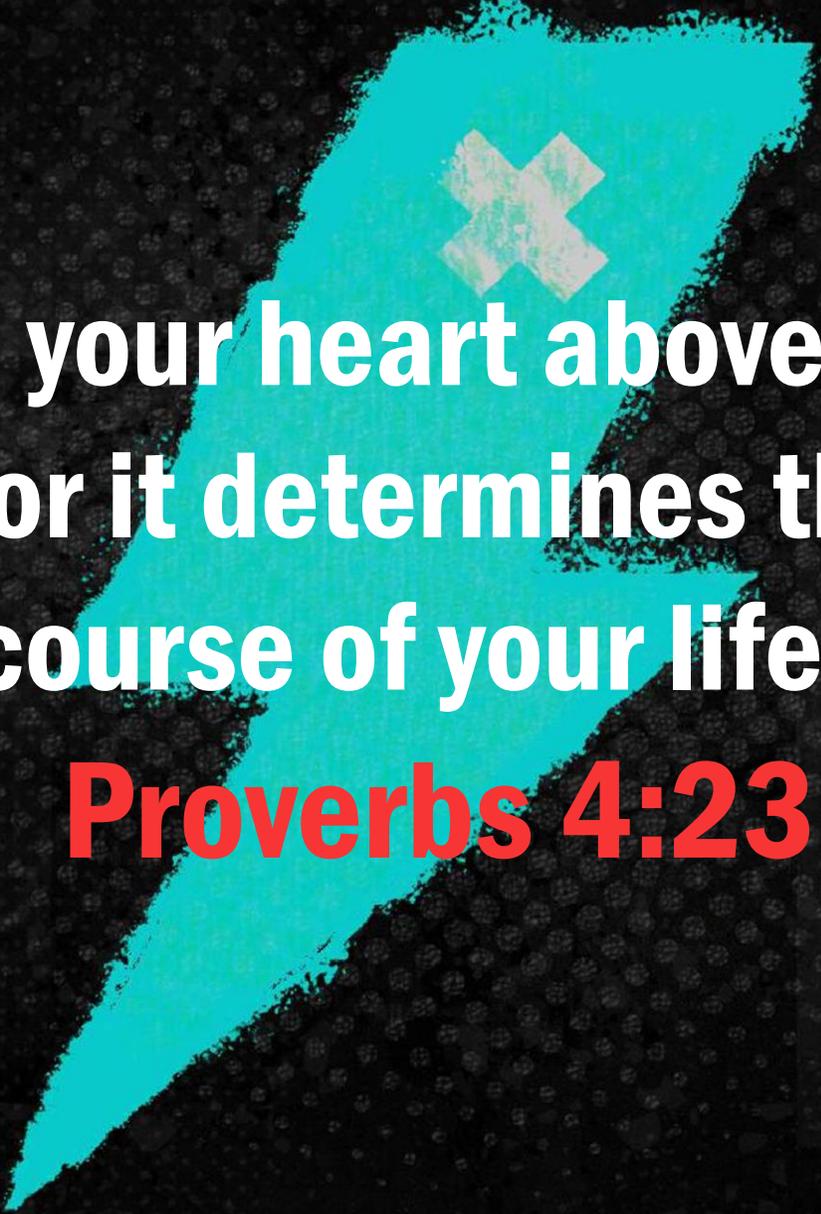


# culture shock

HOW TO BE IN THE WORLD BUT NOT OF IT.

**Part 3: You Are What You Eat**



**“Guard your heart above all else,  
for it determines the  
course of your life.”**

**Proverbs 4:23**

# **What You Eat Matters**

**You're full of whatever you feed on.**

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# **What You Eat Matters**

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**You crave what you consume.**

**Lack of hunger is symptom of sickness.**

**Your quality of food determines your quality of life.**

**What spiritual food should  
Christians be eating?**

# **What spiritual food should Christians be eating?**

**1. Obedience.**

**John 4:31-33**

**1 Samuel 15:22-23**

# **What spiritual food should Christians be eating?**

## **2. The body and blood of Jesus.**

**John 6:54-56**

**Matthew 5:13**

**Colossians 4:6**

# **What spiritual food should Christians be eating?**

**3. God's goodness.**

**Psalm 34:8**

**Psalm 37:3**



**Are you eating  
kingdom food?**