

Session 6

Eating the Bread of Laziness

MYTH #1 – I’ll never be motivated to eat good food for long. I know in a couple weeks, I’ll just go back to all my old ways.

1. Know God’s purpose for your life (Daniel 1:8).

My purpose for living is _____.

My reason for eating better is _____.

Good books to read:

- Anne Ortlund’s [*Disciplines of the Beautiful Woman*](#)
- Rick Warren’s [*The Purpose Driven Life*](#)

- S – Spiritual Gifts
- H – Heart and Passion
- A – Abilities
- P – Personality
- E – Experiences

Download our “**Life Purposes Worksheet**” help you define God’s unique purpose for your life.
Visit <http://anneshealthplace.com/class6.shtml>

2. Make each day count (Psalm 39:4-5, Psalm 90:10-17, Ecclesiastes 9:10).



Have a pad of paper and pencil handy at all times!

3. Continue to learn and grow.

Have I done the homework for each class?

- Week 1 - <http://anneshealthplace.com/class1.shtml>
- Week 2 - <http://anneshealthplace.com/class2.shtml>
- Week 3 - <http://anneshealthplace.com/class3.shtml>
- Week 4 - <http://anneshealthplace.com/class4.shtml>
- Week 5 - <http://anneshealthplace.com/class5.shtml>
- Week 6 - <http://anneshealthplace.com/class6.shtml>

Books I Want to Read:

- _____
- _____
- _____
- _____
- _____

4. Surround myself with like-minded companions (Titus 1:1-5, Proverbs 15:24).

Ask about her F.I.L.E.

F – Family

I – Interests

L – Life

E – Experiences

MYTH #2 – Health food is so expensive, I'll never be able to afford it!

1. God always provides.

- Are you giving back the first fruits of all that you have to Him?
- Do you spend your money on your "lusts"?
- Determine what your grocery budget is and decide that you'll stick to it.

2. Satan steals, kills, and destroys.

3. Don't buy what you can make.

4. Learn to be content with simple things.

5. Good, better, best.

6. Be generous.

2 Corinthians 8:7, 13-15

2 Corinthians 9:6-15

7. Save for the future.

MYTH #3: I don't have the right equipment or even a good enough kitchen to make food from scratch.

Good equipment to have:

- An apron
- A step stool
- A well-organized (clean) kitchen
- A good knife and kitchen scissors
- Storage containers
- A dough scraper and a rolling pin
- Pots, pans, and skillets
- Mixing bowls
- Toaster Oven
- A Grain Mill and a Heavy-Duty Mixer
- A Freezer
- An Extra Refrigerator
- _____
- _____
- _____
- _____
- _____

MYTH #4 – I just don't have time to be in the kitchen that much!

➤ The amount of time I want to spend in the kitchen before each meal: _____

Breakfast Ideas:

Lunch Ideas:

Supper Ideas:

Cookbooks I'd Like to Own:

- _____
- _____
- _____
- _____
- _____

Things to Do in My Daily "Preparation Time":

- _____
- _____
- _____
- _____
- _____

Download our "**Kitchen Jobs**" handout for a checklist of things to do all day long.
Visit <http://anneshealthplace.com/class6.shtml>

MYTH #5: How will I know what to make each day?

Download our “**Menu Planner**” to help you make a menu each week.
Visit <http://anneshealthplace.com/class6.shtml>

Download “**A Week of Healthy, Easy Dinners**” for recipes to use during
busy seasons of life.
Visit <http://anneshealthplace.com/class6.shtml>

Questions I Thought of This Week:

- _____
- _____
- _____
- _____

Save these questions for March 25 (2:00-4:00 p.m. CST), and join us LIVE to get your questions answered! If you can't attend, email your questions ahead of time to Anne at anne@anneelliott.com.