

Food Diary Evaluation Checkpoints

These were adapted from Elyse Fitzpatrick's book, *Love to Eat, Hate to Eat*.

Record the following 3 things at the end of *each day*:

- 1) Identify any areas where **God was not glorified** in your eating, drinking, exercise or rest using the "Food Diary Evaluation Checkpoints" guideline (below)
 - 2) Identify **victories by God's grace** today.
 - 3) Identify **needed growth** and **your plan** for **change**.
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Idolatry: Ask: Does eating this particular food demonstrate a heart that values something more than my Savior and Lord?

Some possible idols could include:

1. Control - I can do whatever I want and no one can keep me from it.
2. Pleasure – I'm going to eat this because I want the enjoyment it gives me even though I am making it hard on my body to function effectively. For example:
 - Even though it's too much food for my system to process efficiently at one time, I'm going to keep eating because I enjoy the taste.
 - Even though it will make me sluggish during a time I need to be alert, I'm going to keep eating.
3. Superiority. I want to be better than other people. For example:
 - I feel superior when I eat less than everyone else around me.
4. Comfort. I want to feel better. For example:
 - I've had a hard day at work and I want food to comfort me rather than seeking comfort from God.

Coveting: Ask: Am I experiencing an inordinate desire for this?

- I want the juiciest looking piece of meat on the plate.
- I want the biggest piece of dessert.
- I want to enjoy the seafood advertised in that commercial, even though it's not within my budget.
- I want to be as skinny as the models I see on tv.

Inroad: Ask: If I eat this will it create an inroad for sin?

- Are there foods which create a desire to eat in gluttonous ways, even though the food isn't sinful in and of itself? (For example, if I eat one chip or one piece of chocolate, will it create a desire in me to overindulge in chips, chocolates or other salty, oily, or sweet foods?)
- Is there any particular restaurant that I frequent where I spend more money than is prudent, eat too much food, or where I am usually very demanding with the staff?
- If I make that bowl of popcorn, will I then sit down in front of the television when I should be fulfilling other responsibilities?
- If I limit myself to "non-fattening" foods, will I be drawn toward improperly limiting my food intake and the types of food I will eat?

Praise: Ask: Have I eaten this food with thanks and gratitude?

- Have I resented having to eat food to gain weight when I want to be skinny?
- Have I resented having to eat moderately when I wanted to be immoderate?

- Have I thought of food as an enemy rather than thinking of it as a good gift from God that he wants me to enjoy?

Stewardship of my body: **Ask:** Am I caring for God's temple properly?

- For example, if I am diabetic, should I avoid eating too much sugar? If I have high cholesterol, should I avoid high fat foods?

Emotions: **Ask:** Does the desire to eat this flow out of a heart of anger, fear, frustration or depression?

Priorities: **Ask:** Am I giving time, money, or energy to this in a way that prevents me from carrying out other God-given responsibilities or priorities?

For example, am I neglecting biblically more important ministry opportunities in order to shop for, fix, eat, and clean up after an elaborate meal? (Or am I expecting someone else to neglect biblically more important opportunities in order to fix an elaborate meal for me)?