



Say to wisdom, “you are my sister,” And make understanding your closest friend. For they will keep you from the immoral woman.
Proverbs 7:4-5a

Women’s Discipleship Group – 2006
HELPMATES, HANDMAIDENS & HARLOTS ON-LINE BIBLE STUDY
HEALTHY LIFE SERIES

LESSON #2 Controlling Your Appetite

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Definitions: *Helpmate – Handmaiden – Harlot*

Helpmate: A married woman who is committed to the well being of her husband.

Handmaidens: An unmarried or married woman who is committed to serving the Lord.

Harlot: An unmarried or married woman who sells her soul or body for personal gain.

Scripture Focus:

Helpmate: Genesis 3:6 So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate.

Handmaiden: 1 Corinthians 6:12 (Living translation) You may say, “I am allowed to do anything.” But I reply, “Not everything is good for you.” And even though “I am allowed to do anything,” I must not become a slave to anything. You say, “Food is for the stomach and the stomach is for food.” This is true, though someday God will do away with both of them.

Harlot: Revelations 2:20 Nevertheless I have a few things against you, because you allow that woman Jezebel, who calls herself a prophetess, to teach and seduce My servants to commit sexual immorality and eat food sacrificed to idols.

OPENING STATEMENT:

A famous Jewish proverb says the following: “Test yourself while you live; see what is bad for you and do not give in to it. For not everything is good for everyone, and no one enjoys everything. Do not be greedy for every delicacy and do not eat without restraint; for overeating brings sickness. Many have died of gluttony, but the one who guards against it prolongs his life.”

The Helpmates: From the very beginning the temptation of unhealthy foods, drinks and other goodies has presented a challenge that requires strength and discipline to overcome. Eve had no idea that when she offered her husband the forbidden fruit in Genesis 3:6, it would lead to their destruction. Some foods and drinks give little or no warning that once inside your body you may be facing deadly consequences. The Twinkie, pizza and Pepsi generation are prime candidates for diabetes, high blood pressure, heart disease and other health problems. Fighting for your husband’s health often means that you will have to first fight against your husband’s eating habits. A good battle plan is to start your meals with a big, tasty salad. Little by little, increase the healthy foods and decrease the junk. The Serpent will always hang around your garden and try to tell you and your husband that a little more ham, apple pie and ice cream won’t hurt...much. *John 10:9 says: The thief comes to steal, kill and to destroy...* If you give into

temptation and put the wrong foods on your table, the Devil will eventually destroy you and your husband with the same scheme that he used in the Garden of Eden. *James 4:7 says: Resist the devil and he will flee from you.*

Handmaidens: It's interesting that many Christian women place great emphasis on moral and sexual purity, but think nothing of participating in a food orgy. It's almost laughable to watch my sisters, who love the Lord, pile on excessive amounts of toxic foods and drinks and then ask God to bless it and take away all impurities. *Proverbs 25:28 (Living translation) says, A person without self-control is as defenseless as a city with broken-down walls.* This means that even though you may be serving the Lord with all your heart, if you are not protecting your body and your health, you are vulnerable to the attacks of Satan. A handmaiden is like a soldier for the Lord. The enemy will use any means necessary to destroy God's army of dedicated women. It is my prayer that as you continue to serve the Lord, you will become a woman of discretion in all areas of your life. A discreet woman of God is one who uses good judgment in her speech and actions. *Proverbs 2:11 says, Discretion will preserve you and understanding will keep you alive.* Say "no" to unhealthy foods and don't cheat when nobody's looking!

Harlots: There's nothing sadder than a woman who uses food and sexual favors to seduce a man. In keeping with the spirit of Jezebel, the harlot attempts to hold on to a man by keeping her house stocked with food, alcohol, drugs and whatever she thinks he wants. She doesn't care if it's healthy or not – just as long as he likes it. Do you go out and buy alcohol, weed and the best steaks just to keep your boyfriend happy? The Word of God calls this seduction. In the end you will both suffer the consequences of your actions. Either, you'll do something rash because he's trying to leave you. Or, he'll use you up and then find somebody else to satisfy his appetite. *Proverbs 9:17 says, "Come home with me," she urges the simple. "Stolen water is refreshing; food eaten in secret tastes the best!" But the men don't realize that her former guests are now in the grave.* Is the man that's eating with you in secret married to someone else? Maybe he doesn't want his other girlfriends to find out about you. It's time to take inventory. Are you using a man or being used? Please, my sister make a change before it's too late.

OBSERVATIONS AND PERSONALIZATION:

Helpmate: Read 1 Corinthians 10:13. Make a list of the tempting foods, drinks and other items that are difficult for you and your husband to resist. Go to the library or the internet and do an investigation of these items and determine if and how they may be dangerous to your health.

Handmaiden: Read 1 Corn 9:27 (Living translation). Make a list of the foods, drinks and other items that you find hard to resist. For one week I want to encourage you to read the labels of your favorite packaged or bottled food items (cookies, cakes, drinks, soups and canned goods). Discipline yourself by resisting one or more food items that contain more than 200 mg of sodium (salt); preservatives; trans-fats or high sugar content. Discipline yourself by adding "live, nutritious, foods" like salads and fresh fruits to your daily diet.

Harlot: Read Romans 12:2. Make a list of the things that you can change in your lifestyle that will lead to a more productive and peaceful life. Commit to make one change at a time.

EAT TO LIVE – SALAD RECIPE:

Ingredients:

1 piece of fresh salmon or chicken breast
1 bag of mix greens lettuce
1 tomato
1 small onion
1 clove of fresh garlic
3 medium mushrooms
1 carrot stick (optional)
½ avocado (optional)
¼ cup of olive oil
1 lemon

Cooking directions:

Wash fish or chicken and then season with grated onion, garlic, lemon juice, lemon pepper and Mrs. Dash salt-free seasoning. (Stay away from seasonings that are high in sodium. McCormick Lemon Pepper is very low in sodium). Place fish or chicken and sliced mushrooms in a shallow pan coated with olive oil. (Do not use Crisco, butter or margarine). Set oven on bake/grill. Place fish or chicken in a pre-heated oven and grill for no more than 15 minutes, unless the fish or chicken is a larger portion.

Wash and arrange your mixed greens in a bowl or on a plate. Slice tomatoes, avocado and carrots and place them on the mixed greens. Make it look pretty. Feel free to add broccoli, asparagus, bell peppers or any of your favorite veggies. Remove salmon or chicken breast from the oven and place it on top of the salad. Serve with a low-sodium salad dressing. I recommend a mixture of balsamic vinegar and olive oil.

Are You An Emotional Eater?

Excerpt from Health@Health.com

In our society food is a part of almost every activity: watching TV, sports events, weddings, funerals, parties, holidays, business meetings, play dates, basically any social get together has become an excuse to wheel out the food.

Emotional eating happens any time you eat not because you are physically hungry but because you have feelings of excitement, boredom, depression, loneliness, fear, anger or frustration anger or frustration. Eating takes your mind off the feelings. Eating comforts you. Eating in response to emotions and not hunger can result in overeating, unwanted weight gain, health problems and even greater stress. Be aware of what triggers your eating, and if you reach for food when stressed, consider the following:

1. Identify your patterns of emotional eating. Talk to someone about stressful situations.
2. Plan alternatives to emotional strain. Write in a journal, long walk, warm bath, etc.
3. Remove tempting foods. Don't buy the foods you crave when stressed!
4. Plan nutritious meals and snacks.
5. Make "The Healthy Refrigerator." You can't eat the wrong food if you don't stock it.

AGAVE NECTAR

Alert: Do you want to get away from the dangers of sugar? I was introduced to a great sweetener product with no dreaded after-taste. It is called AGAVE NECTAR. It is extracted from a natural plant and has no chemical additives. It is highly recommended for diabetics, weight gain and other health problems related to sugar. For more information check with your local health food store or go to: www.agavenectar.com.