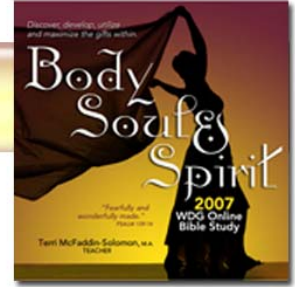


Body Soul & Spirit

I WILL PRAISE YOU FOR I AM FEARFULLY AND WONDERFULLY MADE. PSALM 139:14



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For I am fearfully and wonderfully made. Psalm 139:14

WDG BIBLE STUDY 2007

SERIES: THE PURPOSE AND FUNCTION OF THE BODY

Lesson #4 "SUGAR & WICKED PEACH COBBLER"

Presented by, Terri McFaddin Solomon, M.A.

Scripture: *Do not be a fool; why should you die before your time? Ecclesiastes 7:17*

OPENING STATEMENT:

Some Christians may feel that it's not very spiritual to focus on the care of your body. Some may think that talking about disease demonstrates negativity and a lack of faith. But according to the Word of God, one of our greatest responsibilities is to be accountable for the proper care of our physical temple. *Don't you know that you are the temple of God and that the Spirit of God dwells in you? If anyone defiles the temple of God, God will destroy him. For the temple of God is holy, and you are his temple. (1Corinthians 3:16-17)*

PATTI LABELLE, world-renowned songstress, authored a cookbook entitled, "Patti LaBelle's Lite Cuisine." However, her macaroni and cheese called for 9 tablespoons of butter and 5 different cheeses including Velveta. I mention this because macaroni and cheese are mainly carbohydrates that turn into sugar (glucose) once they are in the body. Patti's cookbook also included what she calls her "wicked peach cobbler" and "killer chocolate cake." Unfortunately, Patti LaBelle's is among the 20 million Americans who suffer with Type 2 Diabetes.

Type 2 Diabetes occurs when the body becomes resistant to a hormone called insulin and can no longer conduct blood sugar to the cells where it is turned into energy. Type 2 diabetes can be found in about 95 percent of all people who suffer from this disease. This form is associated with obesity, but you don't have to be overweight to be diabetic. It is also linked to aging; poor diet (with excessive processed sugars and carbohydrates); physical inactivity and/or a family history of diabetes. It can lead to blindness, kidney disease, amputations, heart disease and strokes.

BRENDA RUSSELL, composer the music and lyrics for the hit Broadway musical, "The Color Purple," was recently diagnosed with type 2 diabetes. Brenda said the following: "I think if I was diagnosed sooner I may not have developed full blown type 2 diabetes. I could have worked on lowering my blood sugar levels and exercised more to control it." She urges all women and especially those with a family history of diabetes to get tested. Below is a list of symptoms that can signal a pre-diabetic condition or full blown diabetes:

- Extreme thirst
- Frequent urination
- Blurred vision
- Weight gain

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- A wound that won't heal

1. **WHAT IS SUGAR AND WHY IS IT HARMFUL?** *Proverbs 25:16 – Do you like honey (sugar)? Don't eat too much of it, or it will make you sick! (NLB).* The Bible sends a clear warning that there are times when too much of a good thing...is not good! So what is sugar and can too much be harmful??? Sugar is a naturally occurring nutrient that makes food taste sweet.

- How can refined sugar damage the body?** Refined sugar has been stripped of its nutrients. Natural sugar is a carbohydrate that can be found in fruits, honey and starchy foods like bread, pasta and potatoes. Carbohydrates are our main source of energy used by the body for growth, work, play and internal repair. Both sugars and starches are broken down by the body to form glucose, which provides the body with fuel. If the fuel is not used, the glucose is changed into fat. Additional negative effects that sugar is believed to have on the body are as follows: Increased growth of Candida yeast organism; Suppressed immune system; Increase PMS symptoms; increase tooth decay; increase hyperactivity and irritability in children; increased insomnia, constipation and chronic fatigue.
- What about sugar substitutes?** **WARNING!!!** Among the more popular brands are **Nutra Sweet, Splenda** and **Equal**. **Nutra Sweet** contains a chemical called **aspartame**, while **Splenda** contains a chemical called **sucralose**. According to health specialist Ralph Walton, M.D., "aspartame and sucralose can create a depressed mood, anxiety, panic attacks, impaired memory; poor concentration as well as **certain types of cancer.**" **Equal** contains aspartame and the chemical pheny-la-lanine. Researchers have found that pheny-la-lanine raises the blood pressure and should not be used by people suffering from hypertension.
- What sweeteners are safe?** First, ask yourself if you need to cut back on your overall consumption of sweets, carbohydrates and junk foods. When it comes to natural sweeteners, **SweetLeaf** comes highly recommended. It is derived from **Stevia** a natural plant. My personal preference is **Agave Nectar, by Sweet Cactus Farms**. It comes from a natural plant with no unpleasant aftertaste. TIP: Try using natural fruit juice instead of milk and sugar to sweeten breakfast cereal.
- How much sugar is safe? No refined sugar is safe!** However, the USDA recommends no more than **10 teaspoons** of sugar per day. See the following:

FOODS	TEASPOONS OF SUGAR
<i>Snickers bar</i>	5 ¾ Teaspoons
<i>Honey Bun</i>	6 Teaspoons
<i>Lowfat fruit-flavored yogurt</i>	7 Teaspoons
<i>Pepsi and Coca Cola</i>	10 ¼ Teaspoons
<i>Hostess Lemon Fruit Pie</i>	11 ¼ Teaspoons
<i>McDonald's Vanilla Shake</i>	12 Teaspoons
<i>Cinnabon</i>	12 ¼ Teaspoons
<i>Sunkist Orange Soda</i>	13 Teaspoons
<i>Strawberry Passion Awareness Fruitopia</i>	17 ¾ Teaspoons
<i>Diary Queen Mr. Misty Slush</i>	28 Teaspoons

OBSERVATIONS AND INTERPRETATION:

HOW TO EXERCISE SELF-CONTROL

1. What exactly is self-control? To exercise authority or influence over the desires and feelings in your mind and body. A disciplined act of your will.

Read: Daniel 1:6-15

2. How can I learn self-control? It takes 7 days to form a new habit and 21 days to break a habit. Take one day at a time. 1. Pray for God's help. 2. Spend time and fellowship with those who desire to practice self-control. 3. Study and apply the Word of God to your life and you will "learn" self-control.

Read: 1 Thessalonians 4:4

1 Corinthians 9:27

Galatians 5:16

Galatians 5:22

3. What if I fail to control my behavior? You can only fail when you stop trying. Don't lose hope.

Read: Philippians 1:6

2 Corinthians 12:9