

#251 Living Free and Clean Eating

A Mind, Body, Spirit Teaching by Alisa Keeton

Clean Foods Defined: Anything that comes from the earth that would spoil if it is not used in a short amount of time. (At its bare bones it's life-giving food. The core of a clean eating diet would be fruits and vegetables.)

Processed Foods Defined: Anything that can be "passed through a window" or sitting on a shelf for an extended amount of time and that has an extended expiration date.

Food for Purpose:

- Food is designed to be medicine for the body.
- Food used to be primarily viewed as 90% fuel (for survival) and 10% fiesta (for special celebration).
- Through time, by the grace of God, we've learned how to make food more fun and enjoyable.
- "Every good thing we put on our tongue is a shadow, a reflection of the goodness of who God is."
- The trouble is our hearts long for more and forget the Source (Deut. 8).
- Eating has now become a means of pleasure, escape or for ongoing celebration.
- If we don't worship Creator God, we will worship created things (Romans 1).

We Need a Heart Transformation in His Image:

- You reflect Him in a unique way that only YOU can do.
- Food is the thing that keeps the soul content, not necessarily comforted.
- The Holy Spirit is the Great Comforter.

A Well Body is a Cool Body:

- When we eat clean, our PH (acidity) levels are low.
- When we eat preservatives, sugar, alcohol, caffeine etc., our PH levels rise, making our systems "hot" and inflamed.
- Whatever we take in is either heating us or cooling us.
- Food is meant to cool us when it is viewed as 90% fuel and 10% fiesta.



- God wants us to heat us up for the things of the Kingdom and cool us down to the things of the world, all while keeping our peace.
- We need Him to heal our heart; creating shalom and coolness.
- We were meant to walk with God is the coolness of the day.
- Let Him be our cooling system; our River of Life.
- Turn to the Lord. Seek Him first in it all.

The Gut is the “Second Brain.”

- Whatever we tolerate, we accept and it accumulates and shows up somewhere in our system (example: dairy sensitivity).
- Giving something up is an honor. You will always get something greater in exchange.

Clean Eating:

- Keeps your mind clear.
- Allows you to feel well.
- Helps you sleep better.
- Helps you assess your emotions more clearly.

How Do We Stay Free? Have a Lifestyle of Repentance.

- Repentance means to have a new thought, to think again, to have a new in purpose.
- “When it seems impossible and hopeless, when you want to run, get big or get small, when your system is running hot...you have the right to think again.”
- You can take a step back.
- The more you know who He is, the more you will know who you are and He will tell you what you need. From there, you can have a new thought.
- Repentance is a gift. (Acts 3:19-20)
- There is no “perfect,” but there is always a chance to think again.
- Keeps you free and your mind sober.
- Keeps us in a right relationship to God and to others that is fruitful.
- Everything that has worth has a cost, but God has already paid the price.



We cannot get enough of God's Word in us. Read it as if you eat. You may not remember what you ate yesterday, but it's still benefiting you today. Go after Him.

Where Are You?

- Self-awareness precedes transformation.
- You cannot get where you're going if you don't know where you are.
- Drop the pin.
- Ask the Holy Spirit. He is FOR you. Position yourself to hear from Him.

We have a living relationship with the Living God.

If He said it, He will do it.