



JOURNAL FOCUS – PROPER PORTIONS

Day 1— Grumbings

Read Exodus 16:1-3 and note the grumbings of the Israelites over food.

Do you ever grumble about your “diet” food and think you’re starving?

Do you feel deprived by what “you” have to eat while “everyone” else gets to eat “all” the “good” things?

Brainstorm some ways you can spruce up your meal and snack times. Look for a variety of healthy foods that are tasty, good and filling. You shouldn’t be hungry or deprived. Remember you are on your way to being the healthiest you possible. It was your choice to do this. Don’t compare your food with the diet of others. Eating like “everyone” else is what got us here in the first place.

“Do not join those who drink too much wine or gorge themselves on meat, for drunkards and gluttons become poor, and drowsiness clothes them in rags.”

Prv 23:20-21

Day 2—Longings

Read Exodus 16:4-12. What was God’s response to the grumbings of the Israelites?

He heard their complaints and gave them what they needed. He met their needs. Are you leaning on Him for your needs or are you going to the fridge for comfort? Emotional eaters eat when things are frustrating or out of control. They turn to food for comfort when sad, overwhelmed, lonely or just on edge. It could be bad day, a looming deadline or a life crisis that sets the binge in motion.

God wants you to lean on Him during those times. He, unlike food, has the power to overcome the situation, calm your nerves and carry you through. Maybe that void that we often think is hunger and try to fill with food is really just a spiritual void longing for Him. Note your thoughts on this subject as you read our verse for the day...

“As the deer pants for streams of water, so my soul pants for you, O God. My soul thirsts for God, for the living God.” Ps 42:1-2



Day 3—What is it?

Read Exodus 16:13-16. What was the Israelites first response to the manna?

They didn't know what it was. They had to be told it was the bread that God had sent them. Sometimes we are the same way with new foods. When I was younger health food stores were few and far between. Supermarkets only stocked "in season" items. Sometimes I still look at items at today's supermarket and wonder, like the Israelites, just exactly what it is and what to do with it. My goal this year is to try a new healthy recipe every week. If I like it; I add it into my diet. If I don't; I try it again the next week with changes that I think might improve it. If I still don't like it, I move on.

What foods can you try (or try again) for the first time? You might be missing out on honey-like-wafers-from-heaven and not even know it!

"The house of Israel named the substance manna. It resembled coriander seed, was white, and tasted like wafers made with honey." Ex 16:31

Day 4—Perfect Portion

Read Exodus 16:16-20. What happened to the manna that some gathered to save for later?

It didn't keep. It actually bred worms and started to smell. Wouldn't that keep us out of our stored processed junk?! The Lord only supplied their portion for the day. In what ways can you rely on God to be your perfect portion for the day? Can you rely on that fact and actually throw out your secret stash that you've been hoarding away for a bad day?

*"My flesh and my heart may fail, but God is the strength of my heart, my portion forever"
Ps 73:26*

Day 5—Proper Portions

I can't deal with the subject of portion control without breaching the subject of "too little". I find so many women who think they have to starve in order to lose weight. The fit lifestyle is not about starvation. It is about balance and solid nutrition. If you cut out all the junk and only eat healthy food, you will feel more full and satisfied. Healthy food fills your tank and gives you the energy you need. Think of it as getting more calorie bang for your calorie buck. Empty calories are just that – empty.

Read the verse below and think on the following...

Starvation is not caring for your body. You must provide your body with fuel for energy as well as to build muscle for that toned look that we all desire. How will you provide and care for your body this week through proper portions?

*"For no one ever hates his own flesh but provides and cares for it, just as Christ does for the church"
Eph 5:29*