Revelation Within

5 Intentions of Spirit-Led Eating



My body is a gift from God to me, and is fearfully and wonderfully made in God's image and by His careful and loving design. I am His beautiful masterpiece, His poetry in motion, one of a kind! I look to the Holy Spirit for His wisdom and loving leadership. Therefore I will honor my God given body with these intentions.



1. **I WILL BUSY MYSELF AS THE SPIRIT LEADS**
   until I prayerfully sense a physical hunger signal.



2. **I WILL INVITE THE SPIRIT OF GOD INTO MY MEAL**
   with a heart of gratitude and praise.



3. **I WILL CHOOSE FOOD IN A JUST-RIGHT SIZED PORTION**
   that delights my taste buds and causes my body to feel energized and strong.



4. **I WILL CREATE A PEACEFUL EATING EXPERIENCE**
   by being present with the food and reducing distractions.



5. **I WILL STOP EATING BEFORE MY STOMACH IS FULL**
   at the peaceful place of just enough.

I honor the body God has given me,
with awareness, gratitude, and trust.