



Sermon Guide | 1/27/2024 | Picky Eaters

Join us tomorrow, **Sunday (01/28/2024) at 7 PM**, on Zoom to dive deeper into today’s message. You can use the link <https://zoom.us/j/285038684> or call 312.626.6799 and enter the ID 285 038 684 to be a part of the discussion. The passcode is **SERMON**

Text: Genesis 3:2-3 And the woman said to the serpent, “We may eat the fruit of the trees of the garden; ³but of the fruit of the tree which *is* in the midst of the garden, God has said, ‘You shall not eat it, nor shall you touch it, lest you die.’”

Bad Diet

Reference verse: Genesis 2:16-17

1. What can we learn from God’s statement to Adam and Eve about the choices available to us?

Reference verses: Genesis 3:1-7

2. Many of today’s foods are advertised as something they are not. How does Satan present sin as being something it is not?

“Every soul has a heaven to win, and a hell to shun. And the angelic agencies are all ready to come to the help of the tried and tempted soul. He, the Son of the infinite God, endured the test and trial in our behalf. The cross of Calvary stands vividly before every soul. When the cases of all are judged, and they [the lost] are delivered to suffer for their contempt for God and their disregard of His honor in their disobedience, not one will have an excuse, not one will need to have perished. It was left to their own choice who should be their prince, Christ or Satan. All the help Christ received, every man may receive in the great trial. The cross stands as a pledge that not one need be lost, that abundant help is provided for every soul. We can conquer the satanic agencies, or we can join ourselves with the powers that seek to counterwork the work of God in our world...” – Ellen White, *Selected Messages, vol. 1, 96*

Healthy Choices

Reference verses: Romans 6:1-4; 7:13-25

3. Healthy lifestyles have been proven to add vitality and years to a person’s life. How does God add vitality and years to my life?



Reference verses: Joshua 24:15; Revelation 22:17; Isaiah 1:19; John 12:47

4. What is the key to success in any good diet and exercise program?

“...yet he does not, and he will not, govern a single soul without the consent of that soul; and that consent upon free choice given, and upon free choice maintained; for though a person chooses this minute to be governed by the Lord, yet the Lord will not hold that person [to] that choice the next minute without that person's consent.” – A.T. Jones, *Review & Herald*, June 13, 1899.

Deadly Diet

Reference verses: Daniel 3:14-18; Revelation 13:8-10

5. If I've made consistently bad lifestyle choices, suffering the results of those choices, who do I have to blame for those results?

6. Reflect on the following statements and the message as a whole. Why is freedom of conscience and the ability to make our own choices important to God?

“When Christ took human nature upon Him, He bound humanity to Himself by a tie of love that can never be broken by any power save the choice of man himself. Satan will constantly present allurements to induce us to break this tie--to choose to separate ourselves from Christ. Here is where we need to watch, to strive, to pray, that nothing may entice us to choose another master; for we are always free to do this. But let us keep our eyes fixed upon Christ, and He will preserve us. Looking unto Jesus, we are safe. Nothing can pluck us out of His hand.” – Ellen White, *Steps to Christ*, 72.

“Read the passages in which the statement is found (Matt. xx. 1-16 and xxii. 1-14), and it will be apparent that those who are not chosen are those who themselves do not choose to accept the terms of salvation. That is the whole of the matter. Election means choice. The free choice is given to all.” – E.J. Waggoner, *The Present Truth*, May, 12, 1898.