



Week 1–Mindset and Scope of Practice

Students will learn the following:

- To recognize their biases and beliefs about nutrition, body image, and food.
- How these can be influenced by things other than God.
- How a mindset that is stuck in the past can keep you from being fully free.
- That God is the center of their mind, body, and soul.
- How nutrition and food are not separate from God.

Why study nutrition?

Nutrition is more than just learning about carbs, fats, and proteins. The world focuses on nutrition to improve the mind and body, but we are going to look deeper. We are going to explore how we can eat and drink for the glory of God, rather than the size of our stomachs.

1 Corinthians 10:31

There is a lot of information available about nutrition – from medical journals, research articles, blog posts, and even from social media influencers. The world views nutrition as knowing and applying the latest knowledge and to the world, “knowledge is power.” BUT we know that greater than man’s knowledge is God’s wisdom.

1 Corinthians 1: 25

Proverbs 3:7



Proverbs 16:25

Isaiah 5:21

Matthew 11:25

Romans 1:21-23

Colossians 2:8

When we approach our nutrition with the desire to simply gain the world's understanding for vain purposes, it will become useless knowledge. When we come with a humble heart before God to learn HIS ways, it produces wisdom that leads to freedom, truth and, love.

Why study nutrition?

- To have wisdom to care for our bodies as a temple of the Holy Spirit
- To understand how God made our bodies so that we can fuel them with good foods
- To grow in gratefulness to God (think communion with Christ through the breaking of bread and drinking of wine)
- God will use it as a tool to reveal places of sin and opportunities for healing
- To grow in the wisdom of God's ways over the world's ways
- To better understand our identity in Christ
- To identify idols in our lives

Evaluating Mindset and Preconceived Beliefs About Your Body, Nutrition, and Self

Before beginning this course, it is important that we evaluate our preconceived beliefs about nutrition, our bodies, and food. There are many things that influence our beliefs. It is important to note that not all of these influences are from God and that many are driven by the enemy to keep you in bondage.



- Areas that affect our perception of food, nutrition, and body image:
 - Media/Marketing
 - Family-Generational sins and beliefs
 - Personal experiences in life (bullying, rejection, abuse, etc.)
 - Others

Why is it important to do this? There are times when things other than God will begin to infiltrate our minds and belief systems. We must ask God to reveal those things in us that are not from Him so that we can be healed completely.

How does the media impact your view?

- Body Image
- Fads
- Weight Loss
- Subliminal messaging on the brain

Let's explore some examples of media in the realm of nutrition and fitness.

How does family impact your view?

- Generational sins
- Comments
- Food patterns/Dieting History

How can personal experiences impact your view?

- Negative comments about your weight/appearance
- Being rejected in relationships leads to misconceived beliefs about self
- People pleasing



- Lack of value of self
- Lost identity

Strongholds can keep you from moving forward into the freedom that God has for you. The story of the Israelites moving out of Egypt is a perfect example of how mindset can hold you back, but it is also a wonderful example of God's grace and mercy and His refining process.

In Exodus chapter 13 the Israelites were finally able to leave Egypt. Right away in verse 17, we see that God led His people in the wilderness for a purpose. Verse 17 says,

"Then it came to pass, when Pharaoh had let the people go, that God did not lead them by the way of the land of the Philistines, although that was near; for God said, 'Lest perhaps the people change their minds when they see war, and return to Egypt.' So God led the people around by way of the wilderness of the Red Sea."

As we continue reading in chapter 14 of Exodus, we see in verse 10 that when the Israelites saw the Egyptians coming after them they instantly were afraid. Verse 10-12 says,

"And when Pharaoh drew near, the children of Israel lifted their eyes, and behold, the Egyptians marched after them. So they were very afraid, and the children of Israel cried out to the Lord. Then they said to Moses, 'Because there were no graves in Egypt, have you taken us away to die in the wilderness? Why have you so dealt with us, to bring us up out of Egypt? Is this not the word that we told you in Egypt, saying, 'Let us alone that we may serve the Egyptians'? For it would have been better for us to serve the Egyptians than that we should die in the wilderness.'"

As we see, the Israelites had a slavery and victim mindset because they were only looking at their circumstances rather than God. The Israelites had their own perception and beliefs about what they thought was best and what was good for them. They did not have a faith that moved them completely into freedom. This mindset continued until the Israelites were refined and ready; THEN God allowed them to enter the Promised Land 40 years after leaving Egypt.



In chapter 16, the Israelites had evidence that God was with them in every step, yet they still doubted and took their eyes off Him. Once again, they desired to be back in Egypt, which they thought was a better place to be, rather than the newfound freedom that God had promised. When they complained to God, in His grace and goodness, he rained down manna from Heaven every day to provide for His children. The good news for us is that despite our lack of faith and having a slavery mindset, God loves us enough that He is faithful to His word AND He refines us through the process of the wilderness.

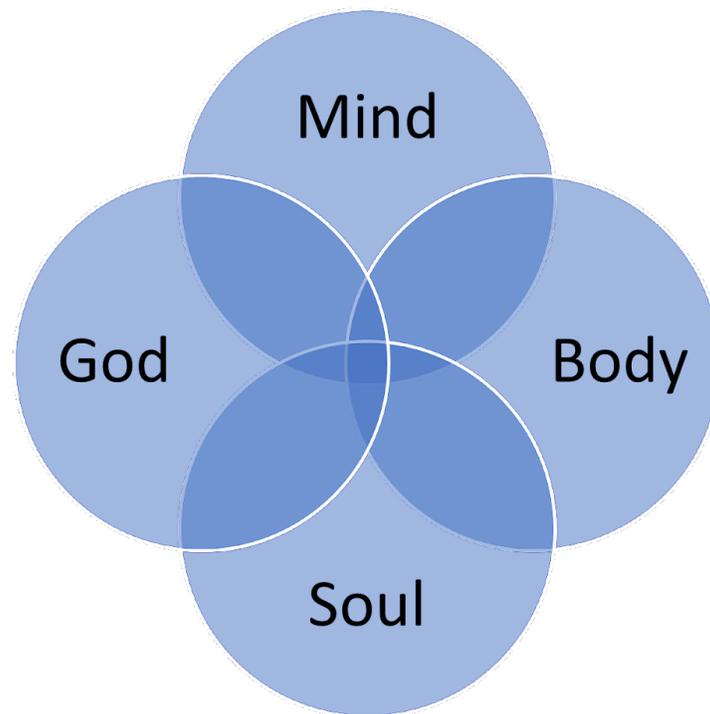
So how does this apply to your body image, food, and nutrition? If you have a victim/slavery mindset, you can learn about the freedom that God wants for you, but you will never truly live in it. There will be a continued desire to go back to old ways because your mindset has not been changed. There is still spiritual and mental healing that may need to be done.

This leads to:

- Diets (guilt and shame cycle leading to a restrict binge cycle)
- Orthorexia
- Over or under-exercising
- Negative body image
- Disordered eating (bingeing, chronic dieting, over restricting, overeating, emotional eating)
- Eating disorders
- Idolatry
- Gluttony
- Insecurities/Fears

When approaching nutrition, it is important to check if your perspective aligns with God's. We will be learning what this looks like throughout the course. Viewing nutrition only through the lens of the world will lead to destruction and keep you "stuck in Egypt."

How does God fit into the world of food, nutrition, and our body? The truth is that our mind, body, and soul all affect each other and our walk with God, and our walk with God affects our mind, body, and soul. They cannot be separated!



When we choose to disobey God in one of these areas, it can lead to consequences in the other areas as well. We will see how these all play out throughout the course.

Neuroplasticity

Mindset is very important in impacting the choices we make. Our thoughts lead to our actions. When we have deep-rooted beliefs about something, it can lead to subconscious thought patterns that control actions. This can impact how we eat, exercise, and how we view/care for our bodies. We saw this in the story of the Israelites as they left Egypt and were led into the wilderness by God.



Neuroplasticity is:

- The ability to change the thought patterns in our minds.
- Wiring thoughts between the subconscious and conscious mind.

Psalm 139:23-34

Mark 7:20-23

Hebrews 10: 21-24

Thoughts will become your reality if you allow them to continue. God gives us the ability to change our thought patterns so that we can honor God with our thoughts and actions.

2 Corinthians 10:3-5

This week, intentionally observe your thoughts, take them captive, and speak truth into the areas of life that you have negative beliefs about related to food and your body.

Scope of Practice

It is important to know your scope of practice when it comes to giving nutrition advice to someone. Scope of Practice is when you operate within a set of boundaries based on your skillset and the boundaries appointed by law. Each state has different regulations around Scope of Practice. It is your responsibility to research your state's laws around what nutrition information you can give.



Example:

All exercise professionals and health coaches can:

- Give general information using the Dietary Guidelines and MyPlate to their clients.
- Give meal plans that are developed by a dietitian (with their permission or those for public use) or government guidelines.
- Provide general nutrition information that is easily accessible on credible websites.
- Refer clients to a dietitian or health specialist.

They CANNOT:

- Give personalized meal plans to individuals.
- Perform nutrition assessments or determine the intake needs of a person.
- Use Medical Nutrition Therapy to treat, prevent, or cure a disease. Also, the nutrition care process and nutrition care standards cannot be used.
- Provide supplements (unless trained by a specific company for a specific supplement to sell over the counter).
- Call themselves a nutritionist or a dietitian.

When you are in doubt if it crosses outside of your scope of practice, it is best to err on the side of caution. The consequences are not worth the risks.



Week 1 Lab

1. You will be shown examples of advertisements. Write down what thoughts, feelings, or beliefs come up when watching.
2. You will be shown examples of state laws regarding Scope of Practice. We will then have practice conversations to help you implement these boundaries.

Week 1 Reflection Questions

1. Identify and write about your current beliefs about your body, nutrition, and food.
2. Can you identify where these beliefs stem from? Do you believe that they are from God and align with His Word? Can you find evidence of this in His Word? If so, write out the evidence.
3. If you have identified false beliefs that are not in His Word, write out the truths that you can speak out against the lie.
4. Take time to reflect on how often you watch or take notice of food, health, and fitness ads. What thoughts do you think when you see these marketing advertisements?