

The Influence of Consumption

"Whatever feeds you eventually forms you."

#YOUAREWHATYOU EAT • BIBLE STUDY NOTES

Main Objective

Consumption Is Never Neutral

What we consume physically, mentally, and emotionally begins to shape our appetite, our desires, our decisions, our identity, and our spiritual sensitivity.

A Lesson in Formation

This is not just a lesson about food. This is a lesson about **formation**. Every daily input is either cultivating spiritual awareness or silently numbing it.

| The Cultural Feed

Society Knows It is Feeding Us

Today, social media does not call its timeline a library, a catalog, or a collection. It calls it a **feed**.

Culture understands that influence works through consumption. We do not just watch content—we consume it. We do not just scroll; we feed, silently developing an appetite that begins to shape our desires.



| The Genesis of Appetite

A Compromised Appetite

Before there was murder, idolatry, adultery, or rebellion in human history, there was a **compromised appetite**.

Adam and Eve were not starving or under-provided for; they were surrounded by abundance in Eden. The issue was not hunger from lack—the issue was desire operating outside of trust.

Hunger vs. Forbidden Craving

Hunger says: "I need provision." (Submits to God's divine timing and supply)

Compromised Appetite says: "I want what God withheld." (Rebels against boundaries)

Three Realms of Seduction



The Body

"GOOD FOR FOOD"

The arena of immediate physical satisfaction, fleshly cravings, comfort-eating, and bodily escape.



The Mind

"PLEASANT TO THE EYES"

The arena of aesthetic consumption, visual appeal, intellectual curiosity, and mental intake.



The Soul

"DESIRED TO MAKE WISE"

The arena of ego, self-sufficiency, social validation, control, and intellectual pride.

The Three A's of Consumption



Appetite

PHYSICAL INTAKE

What you feed your body. Food, physical comfort, cravings, and sensory indulgence.



Algorithm

MENTAL INTAKE

What you feed your mind. Digital feeds, curated content, media repetition, and opinion patterns.



Attitude

EMOTIONAL INTAKE

What you feed your spirit. Offense, bitter comparisons, fear, pride, and validation seeking.

| Appetite & Boundaries

- **Created for Abundance:** Appetite is not evil; God created it. Eating was a pure part of Eden before sin ever entered.
- **Danger of Ungoverned Appetite:** Appetite becomes hazardous when it refuses boundaries. Gluttony is the loss of government over cravings.
- **Comfort Dependency:** Food often becomes our first escape when we are hungry for comfort, control, or peace.



| Cravings of the Soul

100%

OF CRAVINGS ARE DIAGNOSTICS

The Mind-Spirit Bridge

Science reveals cravings trigger reward systems in our brains for relief. But the soul uses those same signals to communicate dry seasons.

Many are not literally hungry for food; they are hungry for peace, attention, relief, or validation. We must treat physical cravings as a diagnostic window into our spiritual empty spaces.

| The Mental Algorithm

-  **Proverbs 23:7 • "As he thinks, so is he."** The mind develops taste based on what it repeatedly processes.
-  **The Digital Shepherd:** The algorithm studies what you pause on, what you replay, and what triggers you—and then feeds you more of it.
-  **Silent Discipleship:** The danger of the digital feed is that it disciplines your appetites, desires, and standards without ever asking for your permission.

| The Emotional Diet

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"Attitude is appetite after it has been
digested."

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• PROVERBS 4:23 •

"Keep your heart with all diligence; for out of it are the issues of life." What you emotionally feed on eventually becomes the disposition you display.

Table Discernment

Leviticus 11 • Holy Distinction

The dietary laws of Israel were not simply primitive health codes. They were a continuous training ground in holiness.

God trained His covenant people in distinction at the dining table before He ever displayed His presence in the holy temple. The table was the daily school of spiritual separation.

TIAN GRANITE VS. 'SUPER-PRECISE' GR

Spinner" from
tedX



Leviticus Applied

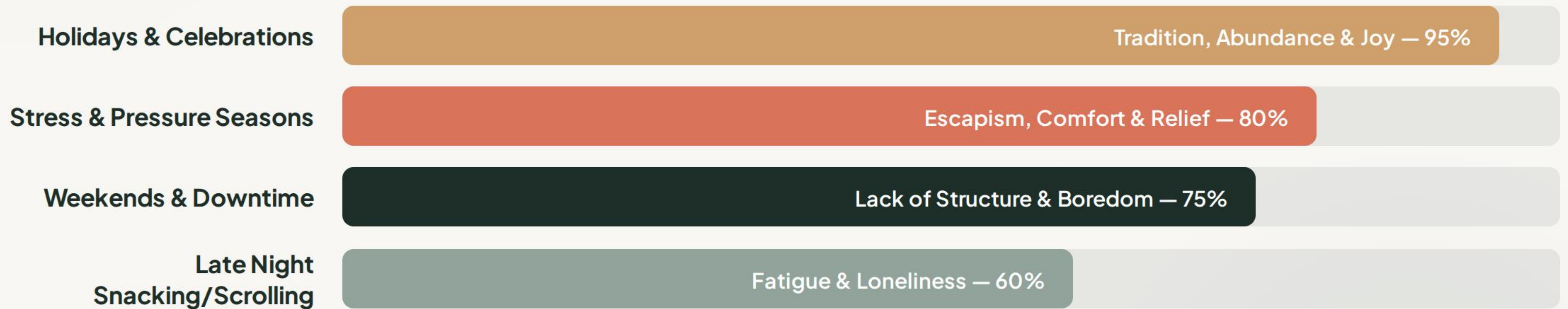
A. Appetite Governed

Leviticus clean vs. unclean distinctions teach us that just because something is available or pleasurable does not mean it belongs inside a consecrated vessel. Keep your temple clean.

B. Algorithm & Attitude Filtered

Believers must regain a "holy filter." We cannot consume what the rest of the world consumes. Our digital intake, emotional feeds, and daily output must reflect the covenant.

Triggers of Over-Consumption



"We rarely consume because our stomachs are empty; we consume because something is crying out in our souls." Identifying trigger patterns is key to guarding our gates.

The Language of Hunger

רָעַב • Ra'av (Hebrew)

OT: HUNGER OR FAMINE

Famine and hunger in Scripture are testing grounds of dependence. Deuteronomy 8:3 shows God allowed Israel to hunger to teach them that "man does not live by bread alone, but by the Word of God."

πεινάω • Peinaō (Greek)

NT: TO CRAVE OR LONG FOR

Jesus redirects physical hunger toward spiritual validation. Matthew 5:6 states: "Blessed are they which do hunger and thirst after righteousness: for they shall be filled." Consecrate your cravings.

The Two Adams

The First Adam (Eden)

Placed in a garden of perfect abundance with only one restricted boundary.

- Ate when he should have obeyed.
- Compromised his appetite outside of trust.
- Brought the fall through unauthorized consumption.

The Last Adam (Jesus)

Led into a desolate, barren wilderness with intense physical hunger.

- Obeyed when tempted to eat.
- Substituted physical hunger with the eternal Word.
- Conquered temptation and redeemed our appetites.

| Your Consumption Audit



Appetite • What do I consume when I am stressed, tired, lonely, or bored? Does eating replace prayer?



Algorithm • What does my digital feed keep showing me, and what does that reveal about what I repeatedly engage?



Attitude • What emotional diet am I reinforcing: bitterness and offense, or gratitude and worship?



Holiness • Is what I consume making me spiritually sensitive to God, or spiritually dull?

What is eating you?

Tonight is not about demonizing food, media, or emotion. It is about discernment. Anything that feeds you can form you, and anything that forms you can govern you.

DISCUSSION • PRAYER • CONSECRATION

Image Sources



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