

Food to the Glory of God
Featuring Theologian Josh Damsgaard

What was your understanding of deferring to the “weaker brother” before the episode? How about after?

What did Paul say was his motivation to sacrifice his rights instead of demanding his rights?

What were some of the practical applications that Pastor Tim and Josh talked about when it came to glorifying God with our eating and drinking?

In this episode you see a tight connection between food, eating, and relationships with others. How does this fit in with FRC’s Vision of sharing Jesus one relationship at a time?

Josh talks about being thankful as an act of faith and a way to glorify God. How often do we do this? How about with foods we don’t like? With food that is boring? Or foods that make for a better diet?

Damsagaard Instant Pot Burrito Bowl

Meat

- 1 lb Chicken breasts, boneless skinless

Produce

- 1 15 oz can Black beans
- 1 tsp Garlic powder
- 1 Green onions
- 1 tsp Onion powder
- 1 14.5 oz can Tomatoes, fire roasted
- 1 Tomatoes
- 1/4 cup Yellow onion

Canned Goods

- 2 1/4 cups Chicken broth, low-sodium

Condiments

- 1 Guacamole

Pasta & Grains

- 1 cup Rice, long grain

Baking & Spices

- 2 tsp Chili powder
- 1 Kosher salt and pepper
- 1/2 tsp Paprika

Oils & Vinegars

- 3 tbsp Olive oil

Nuts & Seeds

- 1 tsp Cumin

Dairy

- 2 cups Colby jack, reduced fat
- 1 Sour cream