

## **God's Nutritional Plan**

n/a

### **Ready:**

*"Let us be given vegetables to eat and water to drink. Then examine our appearance and the appearance of the young men who are eating the king's food, and deal with your servants based on what you see."* -Daniel 1:12-13

### **Set**

God created food for our bodies to give us energy, sustain life, prevent disease and facilitate healing. Our food choices will affect our mood, mental focus, physical performance, weight, immune system function, decision-making and appearance. Athletes today have access to more information with respect to eating for peak performance than ever before. In order to compete at our best, we must know exactly what to eat and when to eat it!

Daniel also wanted to know what to eat and when to eat it. He knew that the first portion of food served from King Nebuchadnezzar's table was offered to idols and that it would be unacceptable to partake of it. He was determined not to put anything into his body that would dishonor God. So he, along with Shadrach, Meshach and Abednego, stood by his convictions and ate nothing but vegetables and drank nothing but water! God blessed his decision.

In America today, over 65 percent of all adults are overweight. It would be easy to argue that they have been eating the "royal" food. In many cases, the royal food has become an idol of self-satisfaction and gluttony. As competitors for Christ, we are called to be good stewards of all that He has given us. The FCA Competitor's Creed states, "My body is the temple of Jesus Christ. I protect it from within and without. Nothing enters my body that does not honor the Living God."

Each one of us knows the basics of healthy eating. Isn't it time to truly commit to honoring God through what we eat? God will bless our decision and our performance on the field will certainly improve!

### **Go**

1. How often do you eat foods that give you little nutrition?
2. Does your nutrition plan make you "healthier and better nourished" than other athletes?
3. What can you do to get your health back on track?

### **Workout**

1 Corinthians 10:31

### **Overtime**

*Lord, I commit to honoring You through what I eat. Give me the wisdom to eat foods that lead to good health, high energy levels and peak performances. Amen.*

**Bible Reference:**

1 Corinthians 10



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