

## **Fit4Ever: The Food Idol**

*“Do not love the world or the things that belong to the world...everything that belongs to the world—the lust of the flesh, the lust of the eyes, and the pride in one’s lifestyle—is not from the Father, but is from the world.” – 1 John 2:15-16*

This summer I had the opportunity to go on a mission trip to Haiti with a group from my church. While the trip was an outstanding time of ministry and connection with God, I did have one challenge: the food. It wasn’t even close to my normal diet!

### **Bible Reference:**

1 John 2



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