



### **Plate with a Purpose**

#### **Food for Thought**

Another word for purpose is motive, which is actually a very interesting word, especially when it comes to eating. What motivates us to eat? *Survival? Hunger? Memories? Pleasure? Emotions* (boredom, loneliness, depression- "comfort foods")? *Medicine* ("Let food be thy medicine and medicine be thy food." Hippocrates)? Are you an all-or-nothing type of person? Do you eat according to your surroundings, the type of food being served, and/or who is present with you? When you are eating this week try to get to know yourself better by learning to understand your motive(s) behind why and what you are eating. You will be quite surprised that your food can sometimes take on a more important role than it really should. No worries though, Jesus overcame and so can you! Blessings for an improved you!

# **The 1P Challenge**

**December 1<sup>st</sup> to the 31<sup>st</sup>, 2024**