

TRULY YUMMY

MAKING HOLIDAY FOOD

nourishment

FOR THE HEART

BAD RULE:

You have to cook every holiday thing we traditionally eat.

A NEW WAY:

Food is just the vehicle for friendship, connection and celebration.

BODY

SOUL

CONNECTION

LET'S THINK THIS THROUGH.

A little guide to help you nourish your heart.

Let's go about ditching the bad rules this year! Here is one way you can use this poster to help.

See the boxes labeled BODY, SOUL and CONNECTION? Take time to consider how you want each category to feel this holiday season? Start with your body. How do you want your body to feel? Once you have an idea of what you want, write a reminder in the BODY box. It could be one word or a Bible verse that captures this goal. Use this as a reminder.

Next dream about your SOUL. How do you want your soul nourished this season? Having an ignored soul makes your goals hard to accomplish. Choose a word or Bible verse to use as a reminder of what your soul needs to be nourished and taken exquisite care of. Jesus is thrilled to be on your list!

Last, we want food to be a way to connect with others. What kind of connections do you want to foster this season and what tone do you want to set? Do you want less stress so you can concentrate on conversations? Do you want to invite new people over and get to know them? Write a word or verse to capture how you want to connect with others.

Hang your poster somewhere you will see it! And don't forget...pizza can make a great get together meal!