



# THE AUTOIMMUNE RECOVERY PROGRAM

Foods to Decrease Pain and Inflammation

## Group Activity 4 *Microbiome*

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## Group Activity 4

### *What the Microbiome Is*

The microbiome is the family of \_\_\_\_\_, viruses and fungi that live inside each one of us.

## Group Activity 4

### *How to Take Care of the Microbiome*

Eating whole plant-based foods, due to significant amounts of \_\_\_\_\_, creates an environment to feed beneficial bacteria.

Being out in nature will also—replenish the \_\_\_\_\_.



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## Foods to Decrease Pain and Inflammation

### Spiritual Lesson 4 *Microbiome*

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## Spiritual Lesson 4

### *Truth Protects-Seeks True Food*

Jesus is Truth. He says, “I am the way, the truth, and the life”  
**John 14:6.** Do you think He would have us eat true food?

An interesting takeaway about truth is that something will Protect us from the deceptions of the enemy. It is also the first part of the armor that Paul directs us to put on so that we will be able to stand (**Ephesians 6:14**, “Stand therefore, having your loins girt about with truth”).

## Spiritual Lesson 4

As we shared in the last lesson, it is very important to eat foods that are not fake but TRUE.

One very commonly eaten food is bread. It is something that was given to humans to eat since the beginning of time (**Genesis 3:19**).

## Spiritual Lesson 4

In the Bible, the Word of God is said to be bread, personified by Jesus Himself. In John we read that “My Father giveth you the TRUE bread from heaven. For the bread of God is He which cometh down from heaven and giveth life unto the world.” **John 6:32, 33.**

## Spiritual Lesson 4

The very first temptation that Jesus encountered after His forty day fast in the wilderness was to turn stones into bread. To this temptation He answered that “Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.” Though He was the Source of the Word and Truth personified, Jesus chose to live by the Word of God, as should we.

## Spiritual Lesson 4

Our spiritual food, God's Word, should bring us comfort, satiety, and healing as our physical food does. Just as the physical bread we eat must be broken down and digested, the Word of God, the bread of life, should do the same. We should spend time every day, meditating on the word of God, applying it to our lives and being transformed by each thought and precept written.

May we live protected and healed by this True bread, the Word of God, and experience Jesus living out His life in us.