

Food

Part 1

Food and water are needed for the physical well being of our bodies. We need to eat food so that we can go forward to live our lives for God and to serve Him. Therefore, food is important so we can achieve God's purpose in our lives. But we don't live to eat, it is the opposite, we eat to live. We eat so that our bodies can be sustained to do and achieve God's will.

We will review some Scripture that state the important of food to people so that their physical bodies can be strengthened to achieve what God had planned for them to achieve:

1- ³³ *Just before dawn Paul urged them all to eat. "For the last fourteen days," he said, "you have been in constant suspense and have gone without food—you haven't eaten anything.* ³⁴ *Now I urge you to take some food. You need it to survive. Not one of you will lose a single hair from his head."* ³⁵ *After he said this, he took some bread and gave thanks to God in front of them all. Then he broke it and began to eat.* ³⁶ *They were all encouraged and ate some food themselves.* ³⁷ *Altogether there were 276 of us on board.* ³⁸ *When they had eaten as much as they wanted, they lightened the ship by throwing the grain into the sea." (Acts 27:33-38)* Food here that was given to the passengers on board had strengthened their bodies; therefore they were able to *lightened the ship by throwing the grain into the sea.* Paul mentioned here to the people on board, *"Now I urge you to take some food. You need it to survive."* So food is important for survival. After fourteen days without eating they took their first meal. It was composed of mere bread, which is simple food but nutritional and supportive to the body. That bread was not baked recently; it was old bread because for fourteen days they were passing through a terrible wind in the mid of the raging sea. By the way, who will eat now old bread? People will throw away the old bread and they will say it is spoiled, or they will say it is expired. But the same old bread over the ship was used by God to give strength to the passengers to move on to the next stage of their lives. I am not saying that you eat old food or spoiled food that is not the point. The point here food carries its nutritional value to support our bodies to live so we can continue to live our lives for God. It is not the other things that are important like its taste, or if it is fresh or not, or if it is new cook or not, but its nutritional value is important.

So when I need to purchase my food to eat I look to the nutritional value of it. That will help me to buy a nutritional food but with less prices. I don't need to buy expensive bread, vegetable or meat. I can still buy less expensive brand of bread or vegetable and meat and still receive the same nutritional value of food. That is good point for stewardship; you can then buy good nutritional food and with less prizes and can save money to be used for another noble purpose.

2- ¹ *Now Elijah the Tishbite, from Tishbe in Gilead, said to Ahab, "As the LORD, the God of Israel, lives, whom I serve, there will be neither dew nor rain in the next few years except at my word."* ² *Then the word of the LORD came to Elijah: "Leave here, turn eastward and hide in the Kerith Ravine, east of the Jordan."* ³ *You will drink from the brook, and I have ordered the ravens to feed you there."* ⁴ *So he did what the LORD had told him. He went to the Kerith Ravine, east of the Jordan, and stayed there.* ⁵ *The ravens brought him bread and meat in the morning and bread and meat in the evening, and he drank from the brook."* (1Kings 17:1-6) The ravens were bringing the food to Elijah, the man of God. They were carrying the bread and the meat in their mouths to Elijah and he ate that and drank water from the brook. If God will do that to you, are you going to eat such food? What you will tell God? Are you going to question God if that food is clean or not?

You just imagine Elijah was eating the same food morning and evening for a long time. It is not mentioned that he said to the Lord, *"I don't like the same taste, Lord!"* or *"Why like that Lord!"* Elijah was thankful to what God was providing for him. God was caring for Elijah, because his food was containing protein, fat and carbohydrates.

The point that we need to emphasize here that the food it carry its nutritional value to sustain our bodies to live for God. It does not matter which brand, if it is fresh or not, or it is expensive or cheap, the most important its nutritional value to sustain our physical bodies. Many are so particular about certain brand of food and they will spend much money on particular food. But cheaper brand is the same nutritional value and give the same benefits to our physical bodies. We work and labour hard to earn our living and we need to direct what we earn into wise spending. We need to tithe our income, spend wisely for our living, for accommodation, education and raising up our children in Godly way. As well as we keep money for God's work and to save for the days to come.

3- ⁷ *Some time later the brook dried up because there had been no rain in the land.* ⁸ *Then the word of the LORD came to him: "Go at once to Zarephath of Sidon and stay there. I have commanded a widow in that place to supply you with food."* ⁹ *So he went to Zarephath. When he came to the town gate, a widow was there gathering sticks. He called to her and asked, "Would you bring me a little water in a jar so I may have a drink?"* ¹⁰ *As she was going to get it, he called, "And bring me, please, a piece of bread."* ¹¹ *As she was going to get it, he called, "And bring me, please, a piece of bread."* ¹² *"As surely as the LORD your God lives," she replied, "I don't have any bread—only a handful of flour in a jar and a little oil in a jug. I am gathering a few sticks to take home and make a meal for myself and my son, that we may eat it—and die."* ¹³ *Elijah said to her, "Don't be afraid. Go home and do as you have said. But first make a small cake of bread for me from what you have and bring it to me, and then make something for yourself and your son."* ¹⁴ *For this is what the LORD, the God of Israel, says: "The jar of flour will not be used up and the jug of oil will not run dry until the day the LORD gives rain on the land."* ¹⁵ *She went away and did as Elijah had told her. So there was food every day for Elijah and for the woman and her family.* ¹⁶ *For the jar of flour was not used up and the jug of oil did not run dry, in keeping with the word of the LORD spoken by Elijah." (1Kings 17:7-16)* So there was food for Elijah and for the woman and her family. But just imagine every day a cake of bread, and no other variety. How you feel about it if the Lord will do that to you? You need to be thankful for whatever God is providing for you.

4- *"John's clothes were made of camel's hair, and he had a leather belt around his waist. His food was locusts and wild honey."* (Matthew 4:9) John was eating daily the same food, locust and honey, and he was happy to continue to serve God and preach His word and admonish the people to follow God. The food that God gave him was enough to sustain his body for service.

My Dear and Beloved: All the above people they did not only accept whatever food God gave them, but they accepted whatever God's plan and will for them. The same should be for you, whatever God's will and plan for you and whatever God is supplying you to eat and drink accept it with thanksgiving. God is giving you what your body needs and sustaining you with food and good plan to serve Him. Better you humble yourself to God before He Himself will humble you. Therefore, commit yourself to the Lord with thanksgiving as you agree to pray.

My Prayer: *Father God I come before you in the name of Jesus who died on the cross for my sins and rose from the dead to give me eternal life. Lord thank you for your word that showed me your ways. Lord I humble myself before you and ask you forgiveness for all my sins especially my grumbling against food and against your good plans for me. Lord gives me more patient and self-control and perseverance to accept the discipline that you had placed on me to receive and endure so that your plan in my life shall be fulfilled. This all I ask and pray in Jesus name Amen.*