

# The Balanced Diet

**Jesus answered, “it is written: Man does not live on bread alone, but on every word that comes from the mouth of God.” (Matthew 4:4)**

Dietitians boast always about the right food that people should eat. They speak about ratios of varied food groups that human should take precisely to live a normal life. Neither more nor less than required is to be taken to avoid loss of weight or starvation and overweight or obesity. This is absolutely right if only man does live on food alone. When a person looks at himself and the world around him, he is surely tempted to lift up a banner that says, “*man does live on his job and salary; man does live on his qualifications and achievements; man does live on his experiences and relationships.*” And we see these banners with the things that man would depend on living like investment, car, loan, bank account, overtime work etc, but to rely on material possessions would only lead us to poverty, hunger and death. **“As goods increase, so do those who consume them.” (Ecclesiastes 5:11)**

**1. History: (Testimony)** A long life’s journey, I have passed through different circumstances. One time I was working but with very low income. I ate, enjoyed life but desired to have greater position and better income. Few month after I got another job with higher salary. And the same I enjoyed life and ate the same food. Later, I was without a job. And after sometime I spent all the money I previously earned. But I experienced the faithfulness of God and power of His word. I never went hungry nor lacked food to eat. After more than a year I was enjoying a very nice job with a very good salary. In those occasions that I had plenty and more than enough, and in the situations that I was poor and even had nothing to buy food, I discovered something: that the food I ate and the drink I drank had the same component of good quality in whatever situation I was. When I was in difficulty and my pocket was empty and my bank account had closed, and the times when I cannot buy food and offer a drink to myself, everything was freely provided for me. Knowing that these came from God, I realized that it was God’s way of teaching me how to depend on Him and not to depend upon myself.

**2. Prognosis: (Summary)** I have proven the truth that, ‘**Man does not live on bread alone, but on every word that comes from the mouth of God.**’ The word of God is with utmost power. Bread may rot and spoil, water may be consumed or be dried up but the word of God remains forever. As Jesus said, **“Heaven and earth will pass away but my words will not pass away.”** God’s promises are written in the Bible. As we claim the promises we surely receive. For the promises of God are true, **“For no matter how many promises God has made, they are “Yes in Christ. And so through Him the ‘Amen’ is spoken by us to the glory of God.” (2Corinthians1:20)**

**3. Regimen: (Application)** In our daily personal and family needs we have to claim and hold on to God’s promises as Jesus said, **“Therefore I tell you, do not worry about your body, what you will wear. Is not life more important than food, and the body more important than clothes?” (Matthew 6:25)** The world suggests that we can obtain good food if we have good source of income. We think we will receive better medications and faster healing through doctors and operations. It is maybe right, but the truth is this: *‘God created the heaven and earth and everything by His words.’* Health, life and strength of all people are sustained by God. The power, strength and healing flows to us when He speaks. I emphasize this point to be clear to everyone: *“It is God alone who created everything and He is the one who gives the knowledge and skill to people to produce food, medicines or to treat sickness. But the healing, strength, power and life comes only from God and by His grace.”*

What is mentioned is the truth, and this is what God wants us to know and believe. However, human may not accept and cannot understand practically when God said, “Man does not live on bread alone.” But during the period of doubts to God’s promise, God Himself will interfere in the life of man to put in his heart the principle of true living. Like the people of God who were freed from slavery in Egypt. God brought them out from that place with victory and dancing after crossing the Red Sea. But these people’s minds were set on worldly things that even when they were experiencing the power of God they continued to grumble and complain how to manage their living in the desert. Their minds were focused to Egypt with its bountiful food, meat and drink. They were dependent to what they knew and saw in Egypt, not to God’s word. For them the promise of God was something wonderful but not applicable. Day after day these people grumbled for food and drink. Therefore God made them stay in the desert. **“Then the Lord said to Moses. “I will rain down bread from heaven for you. The people are to go out each day and gather enough for that day. In this way I will test them and see whether they will follow my instructions.”(Exodus16:4)** And God did it to test their faith and obedience to His words.

***My Dear and Beloved:*** Even this time, God is allowing us to experience situations like in the desert. **“He humbled you, causing you to hunger and then feeding you with manna, which is neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the Lord.” (Deutonomy8:3)** Bread alone cannot give life, but the word of the Lord gives bread and life. **“The word became flesh and made his dwelling among us.” (John1:14)** He is Jesus, the living word of God. He came down from heaven to save us from eternal fire taking away our sins while dying on the cross. Man cannot reach God by his own strength or good work, or by any religion in this world but only by Jesus. **Jesus gives bread and life eternal.**

***My Prayer:*** *Father God in heaven, thank you for humbling me through all the difficulties I am passing through, to teach me how to run to You and to depend on You alone. Father God, let Your words be living inside me to give me new life, strength and good health in Christ Jesus my Lord, Amen!*