

O C T O B E R 1 6 2 0 2 1



“I am the bread of life.” John 6:48 (NKJV)

Thought for today...

Food! For some, it is simply a necessity, whilst to others - perhaps those who consider themselves a ‘foodie’ - food is a delight! One dictionary definition states that *‘a foodie is a person with a particular interest in food; a gourmet.’* A gourmet is described as someone who is ‘a connoisseur of good food; a person with a discerning palate.’ Love it or loath it, one thing is certain, if we forsake food for a long enough period of time we will die. As it is with food that we eat physically, so it is with our spiritual food - the Word of God.

As a child attending events at which food was a key component, I recall hearing adults ask who had prepared the various dishes. I wondered why it mattered who had prepared what, as we were about to partake in a feast and everything looked wonderful!



It wasn't long before I realised the importance of that particular question. After eating, some attendees would report feeling unwell and any budding detective was easily able to determine that those who were unwell had a particular dish in common. I soon learned that person ‘x’ had a tendency to prepare dishes with too much of one ingredient, that person ‘y’ had a tendency to use too little of an ingredient and that person ‘z’ did not prepare the food in sanitary conditions.

Despite the fact that the food looked amazing, the over or under use of certain ingredients coupled with the conditions in which the food was prepared, played a vital part in whether the food was enjoyable or would cause some partakers to become sick after consuming it.

Perhaps at first glance the Word on which you are dining looks appetising, but is it under or over seasoned or worse, likely to make you sick? In his gospel, Matthew records that Jesus said “... **It is written, ‘Man shall not live by bread alone, but by every word that proceeds from the mouth of God.’**” Matthew 4:4 (NKJV). As followers of Christ, it is important for us to become gourmets of God’s Word, so that we are able to easily discern spiritual food that is not properly seasoned or will cause us to be sick.

Let us not be like the children of Israel, of whom the Lord said “**My people are destroyed for lack of knowledge.**” Hosea 4:6 (English Standard Version). As we mature as Christ’s followers, it is our responsibility to ensure that our spiritual intake nourishes us well. John the Apostle warns: “**Dear friends, do not believe everyone who claims to speak by the Spirit. You must test them to see if the spirit they have comes from God. For there are many false prophets in the world.**” 1 John 4:1 (New Living Translation). Perhaps you are unsure as to how to ‘know’? “**If you need wisdom, ask our generous God, and He will give it to you. He will not rebuke you for asking.**” James 1:5 (NLT).

John says of Jesus: “**But the bread from heaven has come down, so that no one who eats it will ever die.**” John 6:50 (Contemporary English Version). In order that we may enjoy fulfilling feasts from our Lord’s table, let’s seek to become connoisseurs with discerning palates. Bon appétit!

