



FOOD FOR THOUGHT

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Eternally Speaking Now

Let's consider food for a few minutes.

Humanity has some serious food issues.

Whether we're thinking about it, hungering for it, planning for it, buying it, paying the bills for it, tipping the waitress for it, preparing it, cooking it, serving it, eating it, putting it away, or cleaning it up, we can easily be consumed with food activities every day.

Unfortunately, all too often, our excessive focus on food can generate conflict both within ourselves and with others, like:

Concerns about a picky toddler or an anorexic teen, disappointment in the claims that promise miracles from the latest fad diet, the inner turmoil of daily temptations to overeat, unsuccessful attempts at avoiding sugar, discontentment with our own body that doesn't look the way it 'should'. Can you relate?

This big food fight can create a love-hate relationship resulting in stress that was never intended to be.

If none of this connects with you, that's great, but the fact remains: even if you stopped eating altogether, your stomach would eventually scream, "*I'm hungry! Feed me!*"

None of us can escape food.

We need it for fuel.

We need it to survive.

Somewhere along the way though, things got all mixed up.

Question: Where did we go wrong?

Answer: In the Garden of Eden.

While there are many directions in which we could explore this, for the purposes of this writing, let's settle on this for now: Jesus wants to be at the center of our food experiences. That is how things began, and that is how they will end.

How Food Began

When God created Adam and Eve, the first human beings, He provided them with a glorious garden filled with exotic foods.

***The LORD God planted a garden eastward in Eden,
and there He put the man whom He had formed.
And out of the ground the LORD God made every tree
grow that is pleasant to the sight and good for food.
The tree of life was also in the midst of the garden,
and the tree of the knowledge of good and evil.
Genesis 2:8-9***

Did you catch that? God gave them trees that were enjoyable to look at *and good for food*.

**And the LORD God commanded the man, saying,
"Of every tree of the garden you may freely eat;
but of the tree of the knowledge of good and evil
you shall not eat, for in the day that you eat of it
you shall surely die."
Genesis 2:16-17**

Did you see that? They were to freely eat.

All of this took place *before* the fall of man, *before* sin.
Before death.

Wait. **Think about that.**

We need food to survive, right?

Without food we die, correct?

Yet, when God created food and provided it to human beings to eat, it was *before* sin, *before* death.

He didn't give them food to keep them alive--
there was no death yet!

Then why did He give them food?

Scripture clearly reveals the answer:
He gave us food to enjoy.

When I first learned this, I'll confess it frightened me. More often than not, I restrain myself from 'freely eating,' determined to abide by the "eat to live" mentality, not the "live to eat" approach.

While the Lord may have created food for our enjoyment, the sin (and death) that later entered humanity twisted and defiled God's original design. (Not to mention all the ways the quality of food has declined due to excessive manipulation, manufacturing, and processing.)

What was originally intended as a gift from our Father has now become a tool to satisfy the sinful nature within us, which is driven by lust, pride, and a need for control.

For all that is in the world—the lust of the flesh, the lust of the eyes, and the pride of life—is not of the Father but is of the world. 1 John 2:16

Satan tempted Eve to commit the original sin by appealing to these very areas of temptation we wrestle against today.

So when the woman saw that the tree was good for food, that it was pleasant to the eyes, and a tree desirable to make one wise, she took of its fruit and ate. She also gave to her husband with her, and he ate. Genesis 3:6

Food wasn't designed for this.

Then the eyes of both of them were opened, and they knew that they were naked; and they sewed fig leaves together and made themselves coverings. And they heard the sound of the Lord God walking in the garden in the cool of the day, and Adam and his wife hid themselves from the presence of the Lord God among the trees of the garden. Genesis 3:7-8

What a tragedy.

Disobeying the Lord led to being separated from Him.

Death.

And here we are today, stuck with all our messed-up food issues.

Yet- must we be?

While we cannot remove the presence of sin and temptation in this world, we can choose to obey God. His Holy Spirit gives us all we need to walk in close fellowship with Him. And that includes eating.

*...His divine power has given to us all things
that pertain to life and godliness,
through the knowledge of Him who called us by glory and
virtue, by which have been given to us exceedingly
great and precious promises,
that through these you may be partakers of the divine nature,
having escaped the corruption that is in the world through lust.*
2 Peter 1:3-4

I'm not saying it's easy to suddenly wake up tomorrow morning and be free from unhealthy food issues. (I'm the last one who could say that.) I have found great freedom, though, in learning where my food issues come from and surrendering them to God.

Wherever we are in our journey with food, we can, at the least, begin to look at it differently and consider challenging ourselves to let Jesus use food to draw us closer into intimate fellowship with Him.

CHALLENGE

Before humanity chose to disobey God, there was nothing that separated Adam and Eve from the Lord. The presence and glory of God enveloped them, and they experienced unbroken fellowship with the Heavenly Father.

They ate.
In the constant, glorious presence of God.
And it was good.

This, my dear friends, is the great challenge:
to delight in God as we eat.

How Food Will 'End'

Yes, today we need food to survive since sin and death exist. But food was not introduced with that intention, and it will not end with that purpose. After we are all gathered together with Jesus in heaven, do you know what we will do?

We will eat.

The Lord will host the Marriage Supper of the Lamb. It will be a feast, and it will take place after sin and death have been removed from our bodies.

Once again, we will eat together with Jesus, and it won't be because we'd die without food. It will be because He wants us to delight in Him-- to worship Him-- as we partake.

***Then a voice came from the throne, saying,
"Praise our God, all you His servants and those who fear Him,
both small and great!" And I heard, as it were,
the voice of a great multitude, as the sound of many waters
and as the sound of mighty thunderings, saying,***

***"Alleluia! For the Lord God Omnipotent reigns! Let us be glad
and rejoice and give Him glory, for the marriage of the Lamb
has come, and His wife has made herself ready."***

***And to her it was granted to be arrayed in fine linen, clean
and bright, for the fine linen is the righteous acts of the saints.
Then he said to me, "Write: "Blessed are those who are called
to the marriage supper of the Lamb!"***

***And he said to me, "These are the true sayings of God."
Revelation 19:5-9***

What if we worshiped God like that every time we thought about food?

What a way to take back what the enemy has stolen.

Will you try something with me?

Every time you think about or do something food-related, stop and invite Jesus into that moment. Choose to delight in Him.
Invite Him and delight in Him.

Invite, delight.

How may that look? Let's say it's time to empty the dishwasher. (That's food-related, right?) As you begin your chore, invite Jesus to be a part of the activity. Choose to delight in Him, which may include thanking Him that you have dishes to stack and empty.

Or, let's say you're grocery shopping. As you go through the aisles, ask Him to hold your hand and help you make wise choices (invite). Then, as you load the items into your car, thank Him for giving you the strength to lift them (delight).

Just think: If we did this every time we thought about or handled food, we'd find ourselves not only deeper in relationship with God, but also walking in greater freedom from strongholds. I can testify to that truth. ([Link to Testimony](#))

Let's use food as a tool for practicing the presence of God, inviting Him into our moments, and delighting in Him as our Savior and Friend.

Now that's a food issue I'm willing to swallow.

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ONE MORE BITE

This morning, I helped host a women's brunch entitled, "A Word In Season: Food for Thought." It was both a fun-filled and life-changing experience for many. The testimony and message God called me to share were recorded and can be accessed via the link below. Please take time to listen and be encouraged. God has a word for such a time as this! If you attended the event, feel free to share this with others.

[Link to Testimony and Teaching, "A Word In Season: Food for Thought"](#)

Are you interested in living at peace with food?

Here are a few of my favorite books:

Desiring God, by John Piper

Idols of the Heart: Learning to Long for God Alone, by Elyse Fitzpatrick

Love to Eat, Hate to Eat: Breaking the Bondage of Destructive Eating Habits, by Elyse Fitzpatrick

Made to Crave, by Lysa Terkeurst
