



Outer Growth - Grace Your Food

And also that every man should eat and drink, and enjoy the good of all his labour, it is the gift of God.

Ecclesiastes 3:13

Give----- Acts 27:35

Respect----- 1 Corinthians 10:31

Absorb-----Deuteronomy 8:10

Careful-----1 Corinthians 10:13

Enjoy-----Psalms 128:2

You-----Exodus 23:25

Obedience-----Isaiah 1:19

Understanding-1 Corinthians 8:8

Reserve----- 1 Corinthians 3:16

Fast----- Matthew 5:6

Overstuffed---- 1 Corinthians 6:19

Overweight---- 1 Corinthians 3:16

Devil----- 1 Peter 5:8

A hot delicious meal on the table, the aroma of the food, the anticipation of embracing it, is such a beautiful feeling. However, during the few moments, believers would give God thanks and bless the meal.

To acknowledge God demonstrates our dependence on Him and not ourselves. Therefore, we must habitually endeavor to grace our food as a token of appreciation to Him.

In everything we do, there are conditions, even in eating after gracing our food. We, as believers must try our best to resist the temptation of excessive eating when our tummy sensors are indicating no room left. Happy partakers we will be when we eat modestly. This will help maintain our health by disciplining our eating habits. The kind of food we eat makes a difference because the Son of God is on our inside. He is our Savior and we must feed ourselves spiritually as well with the Word of God.

A balance of food physically and spiritually via the Word of God will enable us to overcome any temptation the evil one would attempt.

In everything, giving thanks for this is the will of God for all His people.