

Food & Faith

Eating in Exile: Our Bodies

Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food.

~ Genesis 1:29

“Taste and See that the Lord is Good” ~ Psalm 34:8

“Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?” ~ Matthew 6:26

“In the generations before us, God let all the different nations go their own way. But even then he didn’t leave them without a clue, for he made a good creation, poured down rain and gave bumper crops. When your bellies were full and your hearts happy, there was evidence of good beyond your doing.” ~ Acts 14:16-17

Food is “God’s Love Made Visible” (Norma Wirzba)

Questions to ponder

How do you respond to the gift of food in your life?

What kinds of food manifest God’s grace?

In what ways does eating remind you of God’s goodness?

What does it look like to eat with a profound sense of gratefulness?