

Be Thankful for Your Food and Show It

Brothers and Sisters in Jesus Christ:

When Solomon was king **silver was treated as stones.**

With all that wealth, he was known to have **imported all kinds of exotic foods.**

He even **developed new ways to grow exotic foods.**

He **loved exotic wines.**

He even **developed new ways to grow foreign grapes.**

The **Queen of Sheba brought exotic spices for food!** Food was a big part of his life.

And **then there was the volume of food!** You can read a list of all the foods that were cooked just for the palace each day!

There was a huge staff just to procure and prepare foods!

But any good thing can become a bad thing if it were not handled correctly.

And being a good father and a wise leader, **he spoke to his children about how to deal with food issues.**

He started with thanksgiving for food, of course, but it did not end there.

These other issues you will hear about for our Thanksgiving worship.

Our headings are:

You Must Work hard for your food

You Must Learn to use your food well

Your Must Share your food with the needy

Our goals are that: **As the redeemed children of Christ, you will learn how to get, use, and share your food.**

You Must Work Hard for your food

1. Work hard for bread (food).

Proverbs 13:23 Much food is in the **fallow ground of the poor.**

You must go and get it. The poor have to work too and glean. Women work hard too.

Proverbs 31:14 [The good woman] is like the merchant ships, **She brings her food from afar.**

Work is part of life, part of the very creation of the world. There was the work of Adam in the Garden of Eden, but work became harder after he sinned. And so it is today.

Love to work. You will get a sense of *satisfaction when you work hard for your food and then enjoy it.*

So don't be lazy or feel entitled about food. You are not owed anything. Work. Teach your children to work hard for their food.

Ants bite off the bud of every grain they store so that it won't bud. That is hard work. But if they did not do it, they would go hungry and die.

2. If you don't work hard, you are foolish and devoid of understanding how things work.

Proverbs 12:11 - **He who tills his land will be satisfied with bread,** But he who follows frivolity is **devoid of understanding.**

The lazy will become poor and not have food.

Proverbs 20:13 - **Do not love sleep,** lest you come to poverty; Open your eyes, **and you will be satisfied with bread.**

3. Those who work hard become richer...as a general rule.

Proverbs 27:23,25-26 - Be diligent to **know the state of your flocks,** And **attend to your herds;** 25 When the hay is removed, and the tender grass shows itself, And the herbs of the mountains are gathered in, 26 **The lambs will provide your clothing, And the goats the price of a field;**

Proverbs 28:19 **He who tills his land will have plenty of bread,** But he who follows frivolity will have poverty enough!

4. Earn your food earnestly.

Proverbs 20:17 - Bread gained by deceit is sweet to a man, **But afterward his mouth will be filled with gravel (sand).**

We like to say: **Stolen waters are always sweet.** Something might taste good to your mouth but it might cause pain for your stomach as punishment from God.

Illustrate about stealing fruits.

Don't enjoy free food more than food from labor, for it is more "blessed to give than to receive."

5. Save up food for hard times.

Proverbs 30:25 The ants are a people not strong, Yet they prepare their food in the summer;

Ants apparently also store up more food if they sense a famine is coming...

Don't eat everything today. Saving up food for hard times is good for your survival.

6. Ultimately, it is God who provides your food.

Proverbs 27:27 You shall have enough goats' milk for your food, For the food of your household, And the nourishment of your maidservants.

When you think it is God who has provided your food, you will learn to take care of it and you will learn to use it wisely.

You Must Learn to Use Your Food Well

1. Don't overeat and do not keep company with people who do.

Proverbs 23:19-21 Hear, my son, and be wise; And guide your heart in the way. 20 Do not mix with winebibbers, Or with gluttonous eaters of meat; 21 For the drunkard and the glutton will come to poverty, And drowsiness will clothe a man with rags.

Gluttony is destructive to your body. Gluttony robs you of God's blessing, robs your family of your labor, and robs God of his praise.

The abuse of food (by wasting or by overeating) will bring poverty and other complications.

Surely food tastes good, but so do many poisons.

2. Show discretion when eating.

Proverbs 23:1-3 When you sit down to eat with a ruler, Consider carefully what is before you; 2 And put a knife to your throat If you are a man given to appetite. 3 Do not desire his delicacies, For they are deceptive food.

Leave food for others.

Give others a priority. This is how you reflect Christ.

Children (and hopefully adults know this), take a little first so others can have some too...and then see if more is left. That is being considerate.

3. Be satisfied with the food you have. If you have a lot, fine. If you don't, it is fine too!

Proverbs 30:8 Remove falsehood and lies far from me; Give me neither poverty nor riches—Feed me with the food allotted to me;

Proverbs 25:16 Have you found honey? Eat only as much as you need, Lest you be filled with it and vomit.

Interesting choice of food in Proverbs 25:16, as honey is the only food that does not spoil.

You may not always have the best food...whole grains...organic...pesticide free... but be thankful, for you didn't deserve any.

Like Adam, you deserve to be tossed out of the Garden and die a slow death. But God is gracious.

4. Enjoy the food you have; that is part of God's plan.

Proverbs 24:13-My son, eat honey because it is good, And the honeycomb which is sweet to your taste;

God did not make man to "live to eat," as some like to do, nor did God make man to "eat to live," as our common saying goes.

But God wants you to enjoy food – foods like honey! Samson, Jonathan, and John the Baptist did.

This is why **God promised Israel a Land of "milk and honey" not "rice cakes and wheatgrass.** This is why God blesses his people with wine in abundance...and oil.

Wasn't Jesus' first miracle to provide wine for enjoyment at the wedding of Cana?

And God does not expect you to be a grass eating, vegetable-nibbling-only Christians.

5. Don't eat food with others (like the Pharisees) who are no good; and don't eat with a bad heart.

Proverbs 23:6-8 Do not eat the bread of a miser, Nor desire his delicacies; 7 For as he thinks in his heart, so is he. "Eat and drink!" he says to you, But his heart is not with you. 8 The morsel you have eaten, you will vomit up, And waste your pleasant words.

6. Eat enough when God has provided enough for you; it is a sin not to eat enough. The one who doesn't eat enough is evidencing an ungratefulness to God and in insulting God by not participating in his benefits. (And it could kill you too.)

This is becoming a common phenomenon in North America with people wanting to be thin. Too many have died!

You Must Share Your Food with the Needy

1. The one who has an abundance of food shares with him who doesn't-showing what is in his heart.

Proverbs 22:9 He who has a generous eye will be blessed, For he gives of his bread to the poor.

And nothing passes the notice of your God. Even if you give someone a cup of cold water, Jesus said, you will receive a reward.

So when you sit down to eat, think of the ones who do not have anything to eat.

One suggestion might be to skip one meal a week so we could make some donations to poor families. *You must think of some way to share! Think of the bachelors in our congregation, for instance.*

2. Share food even with your enemies; this might prepare the way for you to show him his sins and the need of the Savior.

Proverbs 25:21-22 If your enemy is hungry, give him bread to eat; And if he is thirsty, give him water to drink; 22 For so you will heap coals of fire on his head, And the LORD will reward you.

Conclusion:

Be thankful for your food today! But that's not all.

Work hard for your food.

Learn to use your food well.

Share your food with the needy.

Brothers and Sisters in Jesus Christ:

1. God is your provider of everything you need for soul and body...including providing you with food to do the work of the kingdom.

God is your provider because you are his child through Jesus Christ.

Knowing this in your head and in your heart will affect how you live!

2. Since God usually provides food through your labor, work hard for your food so you can have enough to eat and extra to save up for a rainy day.

Learn to work hard **for food so that you will have enough to share** with others who are unable to get food.

Then **enjoy your food.**

But **don't over eat.**

Don't eat too little.

Don't waste your food; it is God gift to do his work!

And **teach these things to your children.**

3. Share your food. Maybe it will open up the door to share the Gospel.

Finally: God, showing common grace, gives food even to non-believers. But God wants to give you a greater gift – salvation. He did this by making his Son Jesus Christ the substitutionary sacrifice for your soul.

If you accept what Jesus did for you, you will have new life. And that is only the beginning of your blessing.

If you want to know more, please ask one of the Christians here today.