

Celebrating God with Your Food

I. Eating and drinking are a gift from God.

- Food sustains us.
 - Genesis; Matthew 6:11 (Luke 11:3); Matthew 6:31-32; Proverbs 30:8; Acts 14:16-17
 - God created the world to sustain mankind. God not only provides sustenance for His people, He lovingly provides it for those who are His enemies.
 - But food isn't just a gift from God to sustain us.
- Food pleases us.
 - Ecclesiastes 3:12-13, 9:7; James 1:17
 - All throughout the Bible we learn of feasts (past, present, and future) with which God intends for us to celebrate Him but also enjoy.
 - We must start by acknowledging that just like every other good thing in this life, it is provided by God. But since we know that He is a God of purpose and order and intentionality, we can therefore know that He has a reason for giving us food and drink. Therefore, it's our responsibility to learn what those are. And we should also already know that Satan is a pro at taking what God created to be good and valuable and turning it into a wicked sin. Consider what Satan has managed to do with the gift of sexuality.

II. Eating and drinking are not as important as we like to think.

- Luke 12:23; Matthew 4:4 (Luke 4:4); Deuteronomy 8:3; John 6:26-37; Hebrews 13:9; Proverbs 15:17; I Corinthians 6:12-13
- Considering the practice of fasting, we should acknowledge that there is at least one thing that is incredibly more important than food.
- Food is important, but attention and submission to God and His Word is infinitely more important. In fact, Jesus spoke of God's Word sustaining Him in ways that made food less necessary at that time. Knowing God, understanding His will, and obeying Him is desperately more important than eating.
- The Bible even teaches us that delicious food is worthless if those eating it are not submitting to Him.
- This point is very important because many professing Christians prove — every single day — that their food is more important to them than God. And they prove this by sinning in the way they eat and drink.

III. Eating and drinking can be sinful.

- Genesis 3; Proverbs 23:1-2; Proverbs 25:27; Romans 14:13-23; Proverbs 23:20-21; Deuteronomy 21:18-21
- Have you ever stopped to consider that mankind was plunged into sin over a piece of food? Eve sacrificed absolutely everything for food.
- The Bible also teaches us that if we eat and drink with absolutely no concern to the effect it may have on a spiritually ignorant and weak brother in Christ, we are sinning.
- And the Scriptures say much about gluttony, self-control, moderation, discernment, and the like.
- God designed food to nourish and give pleasure, but food is never to be more important to us than submitting to God. So, when we disobey His commands concerning food, we're engaging in self-worship.

IV. Eating and drinking are an act of worship.

- I Corinthians 10:31; Exodus 32:6; Psalm 78:17-18; Matthew 6:25-34
- Absolutely everything we believe, think, desire, feel, do, and say is an act of worship. It's impossible to not be worshipping, and there are only two Primary Recipients of our worship in this entire cosmos. We will either worship God, or we'll worship ourselves.
- The previous list are the things which which we worship God or self. So, let's make this really specific. When we put things into our mouths, we're either glorifying God or glorifying self. We're either making His will our highest desire or we're making our own will our highest desires.
- And — of course — we know that God is the only one Who deserves our worship. And since God's the only one Who deserves our obedience, and since our food is a sacrifice of worship, then it shouldn't be surprising for us to learn God commands that our eating and drinking please Him.
- It's Exodus 32:6 that tells just that the Jews had decided that since Moses had been on the mountain so long he must be dead, they needed a better way to worship God. So they made a golden calf, proclaimed a feast to the Lord, offered sacrifices, and so on. But Paul helps us to see that their actions were not truly being done in worship to the Lord; they were being idolaters. And though, yes, it could be said that they were worshipping the golden calf, it was merely a Secondary Recipient Idol. The Primary Recipient of their worship was themselves. They made the idol because they wanted to. They "worshipped it" the way they wanted to. And their food was a big part of that self-worship.
- This same groups of people later tested God because of their desire for food.
- This is the same root issue Jesus was addressing with the first century Jews. They wanted food. It was for their own pleasure. It had nothing to do with submission to God. And Jesus clearly unveiled the real idol of their heart.
- And this is also the underlying truth from Matthew 6:25-34. This is the passage in the Sermon on the Mount where Jesus tells the people not to be worried about their food. He then points out that God cares for the birds by feeding them and that we are much more valuable than birds.
- And then He gets to the crux of the issue. For these people, it all boiled down to worry. In this particular situation, God is to be trusted to provide more than we are to worry about how we will provide for ourselves.

V. Application for

- **Be Intentional.** Though praying before a meal is valuable, most of us can thank the Lord for the very unhealthy food in front of us and that pig out just fine. It's a bad habit we've created. So, add to your prayer a deliberate and intentional consideration that God truly be glorified by your meal
- **Consider the Quality.** Smoking is harmful to your body. God wants us to steward our bodies for His honor and glory. It's a sin to intentionally harm ourselves, and — when we learn that something we're eating is hurting us just as much as drug abuse — we can't even begin to pretend that God is glorified by that choice.
- **Consider the Quantity.** There are tons of great studies about healthy portion sizes. And, yes, for the most part, these too are going to be questions about health. But the key is that we're being intentional. We know that God can either be glorified by what we eat, or He can have His glory stolen by what we eat. We mustn't just turn our brains off and metaphorically put our hands over our eyes and pretend that the potential to sin in our eating has disappeared simply because we can't see it.