

Reflecting on Food...

‘He waters the mountains from his upper chambers; the land is satisfied by the fruit of his work. He makes grass grow for the cattle, and plants for people to cultivate—bringing forth food from the earth: wine that gladdens human hearts, oil to make their faces shine, and bread that sustains their hearts...All creatures look to you to give them their food at the proper time. When you give it to them, they gather it up; when you open your hand, they are satisfied with good things.’ (Ps 104:13-15, 27-28)

‘The Lord upholds all who fall and lifts up all who are bowed down. The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desires of every living thing.’ (Ps 145:14-16)

‘A person can do nothing better than to eat and drink and find satisfaction in their own toil. This too, I see, is from the hand of God, for without him, who can eat or find enjoyment?’ (Eccl 2:24-25)

‘The Lord will guide you always; he will satisfy your needs in a sun-scorched land and will strengthen your frame. You will be like a well-watered garden, like a spring whose waters never fail.’ (Is 58:11)

‘He [God] has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy.’
(Acts 14:17b)

‘Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules: “Do not handle! Do not taste! Do not touch!”? These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings. Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.’ (Col 2:20-23)

‘[False religious teachers] forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth. For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, because it is consecrated by the word of God and prayer.’ (1 Tim 4:3-5)

‘For the kingdom of God is not a matter of eating and drinking [certain foods], but of righteousness, peace and joy in the Holy Spirit.’ (Rom 14:17)

‘On this mountain the Lord Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine— the best of meats and the finest of wines. On this mountain he will destroy the shroud that enfolds all peoples, the sheet that covers all nations; he will swallow up death forever. The Sovereign Lord will wipe away the tears from all faces; he will remove his people’s disgrace from all the earth.’ (Is 25:6-8a)