

Bible Study 2

Topic: Foods are Gifts from God

Transitioning from the Sermon

A. The Main Points of the Sermon

1. We must always remember that our bodies are “The temples of the living God.”
2. Foods are gifts from God for the people of God which must be accepted with thanksgiving, praise and adoration.
3. God has provided a complete dietary plan for us to be healthy and strong.

B. Conclusions of the Sermon

Let us all GO and DO the will of God by ensuring that our diets are in line with the commands of the Almighty Provider of all our foods. So let us remember Foods are gifts From God as we ensure that we are eating the Triple G’s foods, that is, GLOW, GO and GROW Foods.

Scripture Reading - Genesis 1:29-31 (NIV)

²⁹ Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. ³⁰ And to all the beasts of the earth and all the birds in the sky and all the creatures that move along the ground—everything that has the breath of life in it—I give every green plant for food.” And it was so.

³¹ God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.

Learning Objectives

The congregation will be able to explain:

1. The origin of food.
2. The importance of food.
3. What foods are good for consumption.

Material Needed

1. PowerPoint Presentation
2. Laptop
3. Projector and Screen
4. Zoom account or other online platform such as Microsoft Teams if studies are conducted online

Introduction

One of the ‘trick’ questions many of us as children growing up in the late twentieth century would ask each other was: “Do you eat to live, or live to eat?” This question would lead to fierce debates about the relative importance of eating and living. As we grew older, we soon realized the fundamental importance of food and nutrition. One of the learning moments on this topic occurred when we were introduced to Maslow’s hierarchy of needs. On the scheme of basic human needs created by American psychologist Abraham Maslow five types of needs are presented. Diagrammatically, this idea is presented as a pyramid with the needs placed in ascending order of complexity.

Figure 1: Abraham Maslow five types of needs.¹



The most basic human needs at the base of the pyramid, are physiological, that is, food, water, warmth and rest. This model tells us that one of our most basic instincts is to find food. Our bodies derive energy, resources for growth and health from the food we eat. In this study we will explore the theme of food as gifts from God.

Understanding the Text

In Genesis chapter one we read the creation story. On the sixth day, God created humankind. God then blesses, instructs and empowers them to have control of the rest of creation. It is noteworthy, however, that the first provision which God made after establishing human existence is for food. The passage for study tells us that God identified and directed Adam and Eve to their food sources which had already been created. God had strategically ordered the creation to prepare for humankind’s

¹ Source:

https://www.google.com/search?q=maslow+hierarchy+of+needs&rlz=1C1CHBF_enJM887JM887&tbm=isch&source=iu&ictx=1&fir=laf3fDL0LJp9tM%252CQfRGk3IYD817sM%252C_&vet=1&usq=A14_-kTLb011HAIX1L0aiQielU-tenfgfA&sa=X&ved=2ahUKewjDsLGc9NzyAhXEQTABHWeuAO4Q_h16BAgdEAE#imgrc=laf3fDL0LJp9tM accessed on Aug 31, 2021.

arrival and existence. The idea of sustenance is therefore inherent in the creation. Both humans and animals were provided for from the resources which were already implanted in creation. This points to a fundamental truth which is that our source of existence is God who makes provision for all our needs, beginning with our most basic, our “daily bread” (Matt 6:11). This phrase “daily bread” in Mathew’s gospel is likely both a historical and theological reminder of the miraculous provision which God made for Israel while they were in the wilderness (Ex. 16:13-18).

Of further importance is the fact that the provision of food was of priority to God. Maslow’s hierarchy confirms that the first order of care which humans need is food...good, nutritious food. This is confirmation of the fact that food is an important priority in God’s provisioning.

Focus on the Main Point

The text identifies a fundamental point which is that “everything that has the breath of life in it” (v. 30) is sustained by God through the provision of food. The need for the creation and hence the origin of food, is found in the idea that life must be nourished and sustained. We contradict and overturn God’s intentions when we ingest and inject into our bodies substances which do not nourish and sustain life. Food’s fundamental importance is that it sustains life; that was the Creator’s design and purpose. We will do well when we understand and apply this knowledge to our diets and eating habits.

Video (10 minutes)

Caribbean food groups, Healthy eating plate, Levels of processing in foods

Activity (10 minutes)

1. As a teaser for discussion, watch the video “Food Systems: Well-being and responsible Consumption” from the World Health Organization website at <https://www.who.int/health-topics/food-safety#> List at least 7 locally grown foods and discuss from your observation whether their availability has changed over the past 30 years. Do they have more, less or same availability?
2. In small groups of 2-3, discuss challenges and solutions to creating the health plate described in the FAN video.

Conclusions

My brothers and sisters let us all GO and DO the will of God by ensuring that our diets are in line with the commands of the Almighty Provider of all our foods. So let us remember Foods are gifts From God as we ensure that we are eating the Triple G’s foods, that is, GLOW, GO and GROW Foods.

Closing Ritual

Song

Sing or play a recorded version of the song “Bread of Heaven” by Fred Hammond or
The Hymn “Break Thou the Bread of Life.”

Closing Prayer

Write an extemporary prayer or use one written in a book or on the world wide web. Allow a member
of the Bible Study class to lead it.