

## Sermon 2

### Topic: Foods are Gifts from God

### Scripture Reading: Genesis 1:29-31

*<sup>29</sup>“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.*

*<sup>30</sup>And to all the beast 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 <sup>31</sup>God saw all that He had made, and it was very good. And there was evening and morning the sixth day.*

### Introduction

God the Almighty revealed Himself from the very first day of Creation. His crowning work in His creation was the decision to form human beings in His very own divine Image. Yes, God created human beings to have a love-relationship with Himself. That alone should elicit our response which could be “Thank You God for making us/me and our/my world. Thank you, Lord for continuing to work so that we/I may experience YOU in the fullness of your Majesty”. My brothers and sisters, love prompted God to create human beings and our world (I John 4:10). Do you know what the most exciting thing is? We are the result of God’s choice to love (John 3:16). Now, God wants a relationship with us just like the one He had with Adam and Eve in the Garden of Eden (Gen 3:9); to walk with us each moment in a way that we will never, never want to hide from Him. The Lord God took the man and the woman and placed them in a strategic place in the garden of Eden to be rulers over everything inside the Garden. God gave them the privilege to be the rulers over all that were made in that garden. One writer states that “our God will tax the farthest star and the last grain of sand to bless us”. I will expand and extend that to say God will provide daily Bread for His children”. LISTEN to one verse of this hymn written (in 1825 by E.L. Follen and recast in 1838 and 1851 by J.H. Gurney).

*“Yes God is good in earth and sky. From ocean depths and spreading wood.*

*Ten thousand voices ever cry, God made them all and God is good” (Gurney).*

### Understanding the Text

God gave Adam and Eve specific instructions

*“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. I give you all the best 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” (Gen. 1:29-30).*

The invitation was given to Adam and Eve to join God in working in the Garden of Eden. You see my friends, up to this moment creation is still not finished and God still has work for all of us to do. How

willing are we to be co-creators with God? God's first work produced beauty that speaks of the greatness and grandeur of the Creator. Indeed, it speaks in silence about who God is. It screams across the earth to tell that God is great. So, only as He speaks to us in creation, do we really get to know and understand God's purposes and God's ways. God says *"I give you every seed-bearing plant on the face of the whole earth"* (Gen.1:29). My friends God did not just say to Adam and Eve that He was giving them every seed-bearing plant upon the whole earth, God also made it abundantly clear that He was providing for the beasts of the earth, all the birds in the sky and all the creatures that move along the ground. A total provision of food for sustenance from the Provider of all good things reminds me of the words of one of our favourite Harvest hymns:

*We plough the fields and scatter the good seed on the land.  
But they are fed and water and By God's Almighty hand.  
He sends the snow in winter the warmth to swell the grains.  
The breezes and the sunshine the soft refreshing rain.*

Refrain

*All good gifts around us are sent from heaven above.  
Then thank the Lord, O thank the Lord for all His love" (Rutter).*

### What can we learn?

Food was provided for holistic development of the human and animal kingdoms. God was providing every green plant for food for the animals and birds also. God's divine blessings for Adam and Eve were that they should be obedient to His divine directions. So where do these truths lead us? They lead us to realize that God is our source of supply for our bodily needs. God provides for us in ways we will never fully understand.

In our needs we must always remember that our bodies are "The temples of the living God". The Apostle Paul puts it this way *"What? know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own?"* (1<sup>st</sup> Corinthians 6:19). So whatever we do with our bodies we are either hurting God or we are honouring Him. That means everything we do with our bodies including the foods we eat are directed at giving glory to God. Humans and animals have a basic need for food. So let us explore and examine the text further which is recorded in verse 30.

*And to all the beast 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.*

### What can we be thankful for?

Everything that has the breath of life in it must be sustained by food. Not just any kind of food, but good food provided by God. That is why we must be extra careful of what we eat. We must be very

careful of what goes into the Body that God has blessed us with, especially in the context of the epidemic of chronic non-communicable diseases in the Caribbean. We must remember this: *“So God created man in his own image. In the image of God, he created him; male and female, He, God created them”*(Genesis 1:27). So, if the Creator could condescend to human beings of lowly degree like you and me to create each of us in His very own image, then we ought to be conscious of the way we treat our bodies. What a travesty it will be if we are not conscious of what we ingest and inject in our bodies. What a shame we will be bringing upon the holy body of our Mighty God. None of us wants to be sick at any time; all of us want to be as healthy as we can be. So why then should we be disobedient in not adhering to the will of the LORD God Almighty? Why should we consume processed food high in trans fat when there is so much natural food God provides for us?

God has such great love for us that He ensured that His provision of food would last us until the end of this mortal life. We often refuse to be obedient to the God-approved provision of food for our bodies and we eat *“anything we feel like.”* This is a travesty in light of God’s abundant provision. We must recognize this biblical truth that foods are gifts from God for the people of God which must be accepted with thanksgiving, praise and adoration.

### **What can we commit to?**

We see then, that the Great Creator engaged in during the third part of the sixth day of His magnificent creation *Graciously providing delicious food for all flesh.* (Psalm 136:25). Herbs and fruits must be his meat and my friends this must make us very humble. Another truth we must always remember is this: We are made out of the earth and it is that very same earth which must sustain us. Our maintenance comes from the earth. There is more than enough food from the earth to sustain human beings and animals alike on the planet yesterday, today and for tomorrow.

Do we wonder why there is so much poverty since there is no lack of good, natural, and nutritious God-made food? Do we ponder why there is so much hunger as we see millions on planet earth starving? We have enough food given by Almighty God to go, glow and grow and to sustain humanity and the animal kingdom. Yet every day we witness grave starvation. So, what is the conclusion to the whole matter?

*“God saw all that He had made, and it was good. And there was evening and there was morning... the sixth day (Gen. 1:31).*

God took a majestic review of His Great work to ensure foods which help us go, glow and grow are available for all living things. We must never ever underestimate the love which God has for us in that he provided a complete dietary plan for us to be healthy and strong humans here on earth.

### **To think about**

Are there any object lessons for us to learn? Yes, there are. We must ensure that we treat our bodies well by eating the right kinds of food. We must ensure that we become our brothers’ and sisters’

keepers and share what we have. We must ensure that we are obedient to the commandments of the Lord as we develop good eating habits. We must realize that food sustains our bodies and our bodies belong to God. Let us listen to the Words of this wonderful hymn as this sermon comes to a close, a hymn that concretizes much of what was said about the importance of food for our bodies and our bodies for the Lord

*In this our bounteous island God smiles his sweetest smile;  
from ferny dell and covert wild flowers our eyes beguile;  
among the leafy branches. The ripened mangoes sway,  
and green pimento berries make fragrant God's bright day.*

Refrain:

*Praise him, ye bright people,  
With harvest hymn of joy;  
O give to God a hymn of praise,  
And love without alloy.*

*(Eva R. Nicholson Caribbean Moravian Praise)*

This hymn writer celebrates the abundance of food, including natural fruits and vegetables with which God has blessed us in the Caribbean. All year round there is enough food for humans and animals to consume and there remains an abundance whereby much of it goes to waste. For this reason the message of the Food and Nutrition (FaN) project in the Caribbean is worth noting. Among other things there is the recognition that much of the processed food being consumed across the region is devoid of nutrients. How is this possible, you may ask? The reason is the sinful or selfish nature identified in Adam and Eve and which takes control of so many of us today. The solution is the recognition that God provides all our needs and is one vital gift from God.

## Conclusion

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. In the Name of The Great Creator God the Father: God the Son and God The Holy Spirit, Amen.