

English

What is My Favorite Food?

"She rises while it is yet night and gets spiritual food for her household and assigns her maidens their tasks."

Proverbs 31:15 Amplified Version



Number 10 in the series "God's Virtuous Woman"

What is my favorite food? Well, Job 23:12 (Amp.) reads, *"I have not gone back from the commandments of His lips, I have esteemed and treasured up the Words of His mouth more than my necessary food."* By God's amazing grace, His Word is my favorite food.

Yes, God created our bodies to need natural food to live, but we can have a healthy body and a lost soul. Or, as a believer, we can have a healthy body but a sick soul. When Job lost everything dear to him (his children, his possessions, his health, and his friends) he still worshiped God. Why? Because he esteemed and treasured up God's Word more than necessary food.

As a young believer with a broken life and a marriage on the brink of divorce, I read this scripture, and it became the desire of my heart. God in His mercy started to change my gluttonous eating habits so that, like Job, my favorite food became God's Word. Under stress and pain, all of God's Words that Job had stored up like a valuable treasure were what sustained him. As a new Christian, the Holy Spirit revealed to me that, like Job, His Word was my only hope. Not only knowing it in my head, but daily reading and applying it would be my sustenance.

In Psalms 119:103 (NIV) the Bible reads, *"How sweet are your words to my taste, Sweeter than honey to my mouth!"* God's Word is very sweet to me. I experienced thirty-eight years of pain without Christ, and my life was empty, bitter and without hope. The love God has put in my heart for His

Word constantly sustained me through many storms. Obedience to God's Word healed me of pain, hate, bitterness and anger from a childhood of abuse in an alcoholic home. Obedience to God's Word restored my marriage.

The lady in Proverbs 31:15 got out of bed while it was still dark to prepare spiritual food for her family. She loved God's Word more than an hour or so of extra sleep. She loved her family more than herself. She knew the need to feed her children God's Word as well as natural food before she sent them off to school or work. She knew the tests, trials and temptations they would have to face daily.

My husband and I have an international ministry, speaking in churches of all denominations. Richard also has a full-time job. We have very full lives. Sometimes we miss meals or don't have time for a shower, but we never miss time with our beloved Jesus. Sitting with Him at the banquet table of His Word, eating our favorite food.

May I ask you how important is God's Word and spending time with Jesus in your life? Do you feed your children God's Word every day? If not, I encourage you to start today.

— Janice McBride

Preparing Christ's Bride Ministries

1941 Croftdale Dr., Florissant, MO 63031 • janice@janicemcbride.com

Preparing Christ's Bride Ministries is an international ministry. Janice is from Scotland and lives in St. Louis, Missouri with her husband, Richard. They minister at retreats, churches, military bases and prisons, helping people to glorify Jesus through obedience to His Word.