

English

Lord, I Love to Eat

*"She is like the merchant ships, loaded with foodstuffs,
she brings her household food from a far country."*

Proverbs 31:14 Amplified Version



Number 9 in the series "God's Virtuous Woman"

Men, even though these teachings are on the Proverbs 31 woman, consider applying the same principles to yourselves.

I want to be a good steward of God's money, so I look for stores with the best prices. My husband works hard so I want to spend money wisely. I buy healthy, well-balanced food. Our bodies are the temples of the Holy Spirit, so in our home we don't eat junk food. My husband and I have found that when we eat healthy food, our minds are clear, our emotions are stable and we handle stress better. We also have more physical strength.

Years ago I heard a Bible teacher say, "If people cared for their car the way that they care for their bodies, there would be few cars on the road." He was right. God created our bodies to need food, and He has provided good, healthy food for us. For many years I tried to make food my savior, my holy spirit, and my god. When I was rejected, hurting or under stress, I went to food. I tried to fill my emptiness with food and to stop pain with food. The pain, stress and emptiness only got worse. Then after going to food instead of Jesus, again I would battle guilt and shame.

My pride would never allow me to be that much overweight, so I controlled my weight with one diet after another. I was destroying my body. God's amazing grace helped me repent and go

to Jesus to meet my needs. He renewed my mind concerning healthy eating. It's not a diet; it's a lifetime of eating to the glory of Jesus. Proverbs 29:18 (KJV) reads, *"Where there is no vision, the people perish: but he that keepeth the law, happy is he."* We need God's plan for our bodies and the bodies of our family.

When we buy a car, it comes with a manual on how to maintain it. If we are wise, we will read and obey it. Well, God created each of us, and He provides us with a manual; it's called the Bible. If we will read and obey it daily, we will maintain our bodies.

God did not create us as only spirit or spirit and soul, but spirit, soul and body. His Word clearly tells how to maintain all three so that we can live well-balanced lives. One of the fruits of the Spirit, the Bible tells us, is self-control.

May I encourage those of you who struggle with food as I did to go to Jesus with your stress and your pain? He loves you and wants to help you. May I also encourage you to do some basic study on nutrition so that you can glorify Jesus with your body? The Lord is there to help us when we cry out to Him for help.

— Janice McBride

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