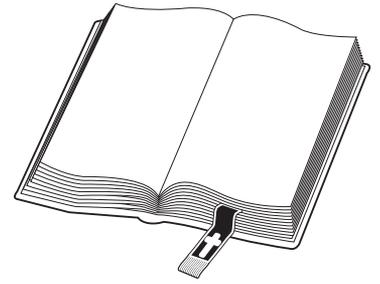


Lord, Renew My Taste Buds

“How sweet are Your words to my taste, sweeter than honey to my mouth!”

Psalm 119:103



Number 50 in the series “The Joy of Obeying God’s Word”

Beloved, are God’s words in the Bible sweeter than honey to you, or do you see them as hard to obey, as bitter? Do you need the Lord to renew your taste buds, to change your appetite?

Several years ago my husband Richard and I started to develop severe physical problems. One of mine was food allergies. Tests revealed that I was allergic to a lot of food. We both had to make major changes in our eating. As we obeyed the Lord in making the necessary changes, He was faithful to change our appetites, to renew our taste buds. Instead of murmuring, complaining, and feeling sorry for ourselves because of all we had to give up, our hearts were full of gratefulness to Jesus for His wisdom, for His help, and for the availability of healthy food. As we both experienced the benefits in our health of eating healthy food, we were quicker and quicker to obey the Lord’s promptings.

Several years ago I found that every time I ate red meat, chicken, or fish, I became very ill. I was desperate. I was sick of being sick. I was tired of constantly having to push myself all the time because of chronic fatigue. I never thought that I would be a vegetarian, but by GOD’S AMAZING GRACE, I have not had any kind of red meat, fish, or chicken since 1999. I have experienced major benefits in my health and energy *as a result of obeying the Lord*. I did not focus on what I had to give up but instead was overwhelmed by the Lord’s goodness that I live in a country where there is

an abundance of healthy food. I also find it easy to eat vegetarian meals as I travel for ministry in this country and others.

When I got desperate enough to tell the Lord that I would make whatever changes in my life that would help my health and obey His leading with gratefulness, *He renewed my taste buds*. I do not find healthy eating a hardship. I really enjoy it and do not miss my old ways. I do not envy others. It does not bother me to be around people eating meat, fish, or chicken.

Beloved, this is a perfect example of how I feel about the Lord and the Bible. When I became a believer, my life was in ruins. I cried out to the Lord in desperation. I was like a terminally ill person. My life was full of suffering. I told the Lord I would do anything He told me to do. As I obeyed the Bible, it became *sweeter and sweeter*. It brought health to my spirit, soul, and body. It transformed my life and healed my marriage.

Nothing I gave up compares to the *sweetness of my relationship with Jesus Christ*. Beloved, hungering after the things of this world destroys your appetite for Jesus and His Word, so I encourage you to set your appetites on Jesus.

— *Janice McBride*

All scripture is taken from the New King James Version of the Bible.

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