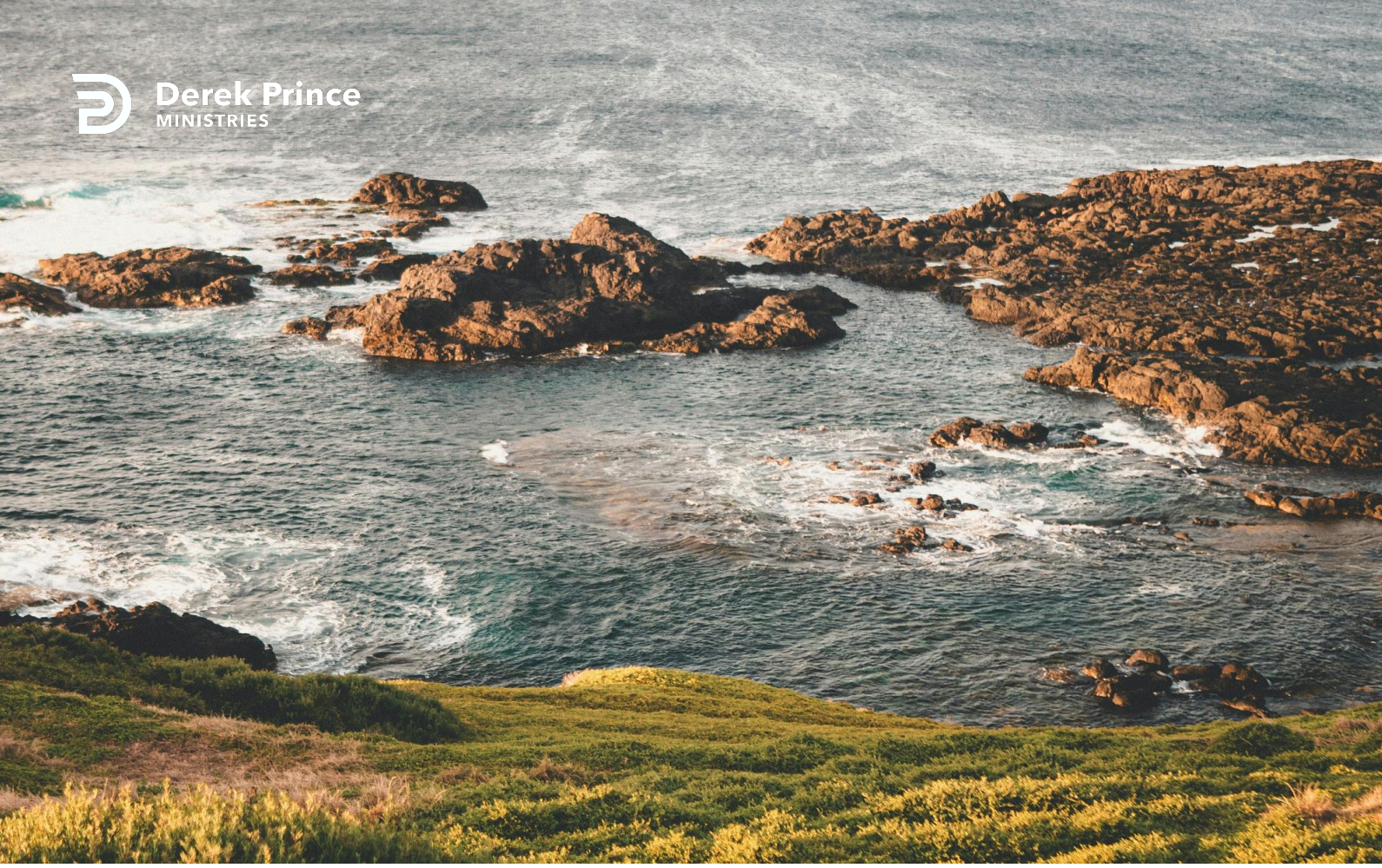

To Eat From Faith



Foundations (Day 74)
by Derek Prince

Yesterday we saw that everything we do needs to be done in faith. Paul actually applies this principle to the familiar act of eating, for he says:

> "But he who doubts is condemned if he eats, because he does not eat from faith; for whatever is not from faith is sin." (Rom. 14:23)

This shows that, in the life of righteousness which alone is acceptable to God, even an act so commonplace as eating food must proceed from faith. Let us therefore consider for a moment: What does it mean to "eat from faith"? What is implied by this?

First, it implies that we acknowledge that God is the One who has provided us with the food we eat. Thus, the provision of nourishing food for our bodies is an example of the principle stated in James 1:16-17.

> "Do not be deceived, my beloved brethren. Every good gift and every perfect gift is from above, and comes down from the Father of lights, with whom there is no variation or shadow of turning."

It is also a fulfilment of the promise contained in Philippians 4:19.

> "And my God shall supply all your need according to His riches in glory by Christ Jesus."

Second, because we acknowledge that God is the One who provides our food, we naturally pause before eating to thank Him for it. In this way, we obey the commandment contained in Colossians 3:17.

> "And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him."

In this way, too, we are assured of God's blessing upon the food that we eat, so that we obtain the maximum amount of nourishment and benefit from it. This is explained by Paul.

> "For every creature of God is good, and nothing is to be refused if it is received with thanksgiving; for it is sanctified by the word of God and prayer." (1 Tim. 4:4-5)

Thus, through our faith and prayer, the food we eat is blessed and sanctified to us.

Third, eating in faith implies that we acknowledge that the health and strength we receive through our food belong to God and must be used in His service and for His glory.

> "Now the body is not for sexual immorality [not for any immoral, unclean, foolish or harmful use] but for the Lord, and the Lord for the body." (1 Cor. 6:13)

Because our bodies are thus by faith and by holy living given over to the Lord, the responsibility for their care and preservation also belongs to the Lord; and we have every right to expect the fulfilment of Paul's

> "And may your whole spirit, soul, and body be preserved blameless at the coming of our Lord Jesus Christ." (1 Thess. 5:23)

All these – and many more besides – are the implications and the outworkings of the principle "The just shall live by faith," as applied to only one simple aspect of our lives – that of eating. And when we thus analyse what is implied by the phrase "to eat from faith," we are forced to the conclusion that the great majority of people, even those who profess Christianity, do not "eat from faith." In the provision, preparation and consumption of their daily food, no thought whatever is given to God.

No doubt this is one main cause of such diseases as indigestion, ulcers, tumours, cancer, heart disease and many others. The Western world has enjoyed an unprecedented abundance of both food and money. Yet countless thousands are misusing and abusing this abundance to their own physical distress, because by their indifference and unbelief they have shut God out of their lives. Solomon gives us a picture of the carnal, sensual man who makes no room for God in his daily life.

> "All his days he also eats in darkness, and he has much sorrow and sickness and anger." (Eccl. 5:17)

This description is still as true today as when Solomon wrote it. Not to eat in faith is to eat in "darkness," and three consequences that commonly follow this are "sorrow...

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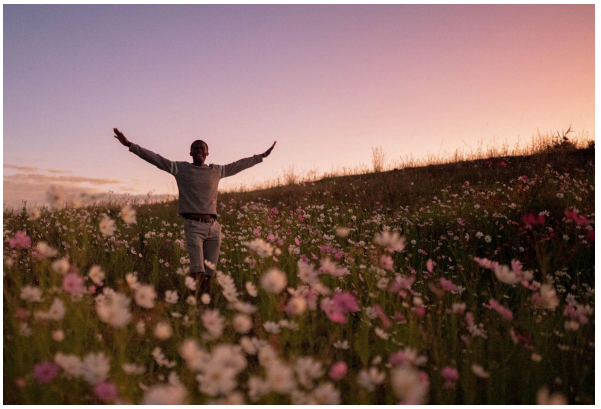

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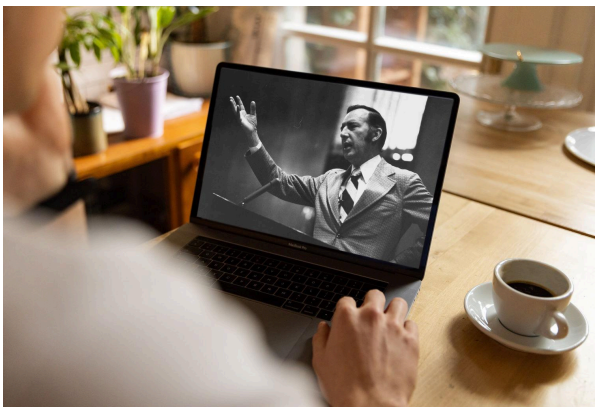

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