

“For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the Word of God and prayer.” 1 Timothy 4:4-5 KJV



Many worry themselves to a frazzle and spend small fortunes to buy just the right food out of fear of food additives, processing contaminants, and altered genetics. There is no way to really know everything about the food we eat. Bacteria and germs float in the air; contaminants poison our water supply; food is handled by workers with hepatitis B, aids, flu, etc., and hospitals spend millions each year on sanitation, while remaining the most infectious buildings on the planet.

The molecular manipulation of food to maximize profit is out of our control, so we must protect ourselves and our families with the power of our Creator and teach our children the value of trusting God in the face of all threats! When is the last time you actually bowed your head, gave thanks, and asked God's blessing on your food or snack in public? With all the poisons in our foods from contaminated water to GMO's, wouldn't it be really absurd not to do so? God will turn poison into provision if we trust Him to do so. Remember the viper that bit Paul when he was shipwrecked? The natives waited to see him falter and die, but God preserved him. Not even snake venom can harm God's obedient child, if God wills it, because God created everything! Common sense alone dictates that He could alter gene and molecular structure to protect His own since He is its Designer! Not only does God bless our food, but giving thanks publicly forces an evil world to face the God they deny! Think of it as rebellion against sin. *“It is sanctified (preserved apart) by God's Word and prayer.”* Trusting prayer and God's Word sanctifies! This not only applies to our food but to our lives as well! Life is only *“sanctified”* through trusting prayer and obedience to God's Word! Otherwise life becomes poisoned and death ridden! *“Pray without ceasing –Meditate day and night!”* What you think is what you do! Is God's Word in your thoughts every day?

Preserved and kept by God's own Word,
The fear of man becomes absurd,
Each child of God that humbly prays,
Becomes triumphant in the fray! ~CGP

As a missionary kid in the Amazon Jungle we often had to eat food, not knowing how or who prepared it or what it was. “Saying Grace” was as automatic for us as breathing. We were doing God's work and we trusted God to preserve us. Asking God to BLESS your food before you eat it is believing that He, the Creator, can restore your food to it's intended purpose regardless of any impurities or lack of nutrients man has imposed upon it! That I'm still here 50 years later, is a testament to God's Power considering the myriads of threats that opposed a missionary family with five small children in the Amazon Jungle! Dangers from thirty foot wide whirlpools, Sunken logs, snakes, piranhas, drunk loggers, and insects, threatened us often. Not to forget malaria bearing mosquitos from which Mom almost died. Cuts and abrasions were an immediate threat of infection and gangrene. I know whereof I speak when I say God can bless and alter anything for the benefit of His own!

*“For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will He withhold from them that walk uprightly. O LORD of hosts, blessed is the man that trusteth in Thee.”
Psalms 84:11-12 KJV*