

What the Bible Says About Food

1. Eat to the glory of God.
 - a) 1 Cor 10:31
2. Every moving thing is food, along with the green plants.
 - a) Gen 9:3
 - b) Gen 1:29
 - c) Ex 16 (quail in the dessert)
3. Bread is food.
 - a) Gen 3:19
 - b) Ex 16:
 - c) John 6:35
 - d) Isaiah 33:16
 - e) 1 Cor 11:26
4. It is good to eat honey, but not too much honey.
 - a) Prov 24:13
 - b) Prov 25:27
5. Everything God created is good for food, and nothing is to be rejected.
 - a) 1 Tim 4:4
 - b) Psalm 104:14-15, 27-28 - God gives grass to the cattle, vegetation, food from the earth, wine, food in its season to satisfy
 - c) Eccl 9:7 - bread and wine, God has approved of
 - d) Gen 27:28 - grain and wine, the fatness of the earth
6. God intends that food satisfy the heart.
 - a) Acts 14:17
 - b) Psalm 104:15, 28
 - c) Psalm 22:26
7. We may eat all things, without restriction, and God welcomes us.
 - a) Romans 14:1-23
 - b) 1 Tim 4:3-4
 - c) Mark 7:14-15
 - d) Acts 10:10-14 - what God has cleansed, no longer consider unholy
8. Food doesn't commend us to God, nor make us better or worse in His sight.
 - a) 1 Cor 8:7-8
 - b) Mark 7:14, 17-19
 - c) Col 2:16-17
 - d) Rom 14:20-21
9. In our liberties with food, we should never cause another to stumble.
 - a) 1 Cor 8:9-13
 - b) 1 Cor 10:23-30

- c) Rom 14:20-21 - you can eat anything, but don't eat meat or drink wine if it causes another to stumble
10. While all food is lawful, not all is profitable, nor should you be mastered by food.
- a) 1 Cor 10:23
 - b) 1 Cor 6:12
 - c) Prov 23:2
11. Daniel looked healthier after ten days of vegetables and water.
- a) Daniel 1:11-15
12. Jesus himself ate and fed people bread, fish, wine, figs, and fruits.
- a) John 6:11
 - b) Mark 11:12
 - c) John 2:10
13. Bodily discipline is of limited profit, but godliness is profitable for all things.
- a) 1 Tim 4:8
 - b) Mark 7:14-15
 - c) Matt 4:4
14. Don't worry about food; life is more than food.
- a) Luke 12:22-26
15. If you seek Him first, God will bless your food.
- a) Deut 28:3-14 - produce, herds, flocks, baskets, & kneading bowl
16. Feed those in need.
- a) Matt 25:35-40