



The Freedom of

LIMITS

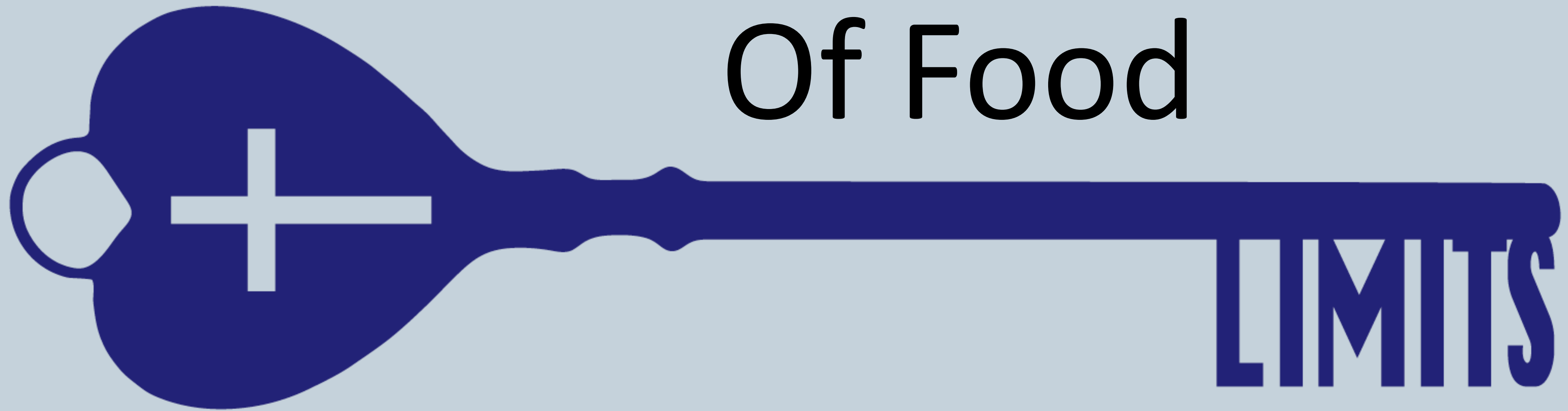
Then God said, “I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. <sup>30</sup> And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground — everything that has the breath of life in it — I give every green plant for food.” And it was so.

Genesis 1:29–30

The LORD God took the man and put him in the Garden of Eden to work it and take care of it. <sup>16</sup> And the LORD God commanded the man, “You are free to eat from any tree in the garden; <sup>17</sup> but you must not eat from the tree of the knowledge of good and evil, for when you eat of it you will surely die.”

Genesis 2:15–17

# A Theology Of Food



# The Gift of Food

Then God said, “**I give you** every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food. <sup>30</sup> And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground — everything that has the breath of life in it — **I give** every green plant for food.” And it was so.

Genesis 1:29–30

# Food Is Essential For Our Life

“And to all the beasts of the earth and all the birds of the air and all the creatures that move on the ground — **everything that has the breath of life in it — I give every green plant for food.**” And it was so.

Genesis 1:30

In the biblical story of creation man is presented, first of all, as a hungry being, and the whole world as his food. Second only to the direction to propagate and have dominion over the earth, according to the author of the first chapter of Genesis, is God's instruction to men to eat of the earth: "Behold I have given you every herb bearing seed ... and every tree, which is the fruit of a tree yielding seed; to you it shall be for meat...." Man must eat in order to live; he must take the world into his body and transform it into himself, into flesh and blood. He is indeed that which he eats, and the whole world is presented as one all-embracing banquet table for man.

Alexander Schmemmann - For the Life of the World

# The Importance of Food and Feasting

The LORD God took the man and put him in the Garden of Eden to work it and take care of it.

Genesis 2:15



# The Temptation of Food

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Genesis 2:15–17



**Applying the**  
**WORD**

# The Joy of Eating Together

The fellowship of the table has a festive quality. Through our meals, God is calling us to rejoice.

Dietrich Bonhoeffer, *Life Together*

The sun looks down on nothing so good as a household laughing together over a meal.

CS Lewis, *The Weight of Glory*

# Take Time To Give Thanks

They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth.

<sup>4</sup> For everything God created is good, and nothing is to be rejected if it is received with thanksgiving, <sup>5</sup> because it is consecrated by the word of God and prayer.

1 Timothy 4:3–5



# Food Points To Our Ultimate Hunger

He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

Deuteronomy 8:3

# Food Points To The Eternal Feast

On this mountain the LORD Almighty will prepare a feast of rich food for all peoples, a banquet of aged wine — the best of meats and the finest of wines.

Isaiah 25:6

# Food As A Foretaste

The climax of history is not a higher form of disembodied consciousness but a feast.

Tim Keller, *The Prodigal God*

This life gives us foretastes and glimpses of the next life. When I'm eating with people here, enjoying food and friendship, it's a bridge to when I'll be eating there, enjoying food and friendship.

Randy Alcorn, *Heaven*



Applying the

**WORD**



The Lord's Table -  
Our Communal Feast

