

St John Church of Christ

August 16, 2020

ONLINE

Children's Bible Class

Pete and Penelope are on vacation through the month of August, but you can still watch previous episodes online through our website:

www.StJohnChurch.Org

Adult Bible Class

10:30 - 10:45 A.M.

James, the brother of Jesus, wrote one of the most down-to-earth letters in the New Testament. Join us online today as John McKeel shares from his recent book, *James the Brother of Jesus Speaks*.

LIVE & ONLINE

Worship

11:00 - 11:45 A.M.

You can join us live at the building or online at. There are simple links to follow from our website: <https://StJohnChurchofChrist.org>.

(CCLI #244012t9)

Thinking About Food



I remember riding my bicycle to swim team practice in high school. The backroad took me through country hills amid beautiful orchards. I remember standing on my bike seat, braced against a fence to feast on the most wonderful dark purple plums. My dad was right when he called fruit, “God’s candy.”

Adam and Eve lived in a beautiful garden. Whenever they were hungry, they could reach up and pluck something tasty. Imagine how delightful it must have tasted: the burst of flavor, the juice running down their chins. Life

was good because God was good – and He still is! Unfortunately, Col. Sanders, Chef Boyardee, and a thousand other food processors receive most of the credit, and we have to live with the consequences of consuming overly processed foods.

The Bible has a great deal to say about diet. For example, Proverbs observes, “Better a meal of vegetables where there is love than a fattened calf with hatred” (15:17). Perhaps you remember Daniel’s decision to eat only vegetables in place of the king’s rich food (Daniel 1:8 ff.). Adam and Eve may have been vegetarians, but after the flood, people began to eat meat (but not the blood that was in the meat, Genesis 9:3, 4). Jesus even baked bread and roasted fish for his disciples after his resurrection (John 21:9).

Food can be controversial too! We remember the Corinthians’ concern about eating meat that had been sacrificed to idols (1 Corinthians 8 and 10). Before that, the Jerusalem Conference offered instructions concerning meat that hadn’t been properly bled (Acts 15). Some early Chris-

Continued on back page



Continued from front page

tians even had scruples about eating anything but vegetables (Romans 14:21).

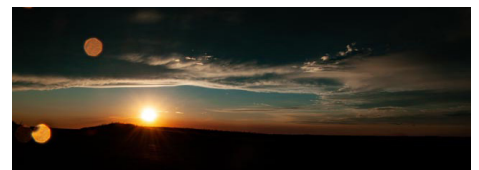
Our bodies are a temple (1 Corinthians 3:16, 17), and we have an obligation to care for that temple. Diet should be just as much a part of temple keeping as exercise. Beware of SAD - the "Standard American Diet," which is too rich in fats, sugar, and chemicals. Sermons in the Middle Ages often talked about the sin of gluttony with clerics wryly observing, lighter Christians might have an easier time getting off the ground to meet the Lord in the air!

Of course, I feel a bit hypocritical writing this devotional from McDonald's. It just goes to show that I am, once more, preaching to myself first. I guess I'll skip the fries.



A Place for Pictures

This week, after the storm, bright rainbows – the sign of God's covenant – brightened our day!



For Your Prayers

It is about time for our children and teachers to return to school. These are uncertain times, and so, this morning, we are offering a special prayer during our worship asking the Lord to watch over and protect them. Please also include these precious ones in your private prayers!

Please pray for our loved ones.

- As she recovers, Shirley has been moved to the hospital in Stafford. George is staying with Richard and Shelly so he can be nearby.
- Carol's first surgery went well and she is scheduled to have her other hand worked on in five weeks.
- We've been praying for little two-year old Maren in Great Bend. Sadly, her first bone marrow transplant failed. The doctors are preparing for a second transplant. Your prayers are sorely needed.
- Terry continues to recover from his hip surgery, and has been able to rejoin us for worship.

We also want to remember our Church family around the world, especially in Mexico and India as they face the challenges brought on by this pandemic.