> “I have the right to do anything,” you say—but not everything is beneficial. “I have the right to do anything”—but not everything is constructive.
> *— 1 Corinthians 10:23*

Book: New Testament / 1 Corinthians
Topics: food, goodness, law, righteousness

Interpretation:
In 1 Corinthians 10, *the Apostle Paul* addresses the Christian community in Corinth and encourages them to resist worldly temptations and to remain steadfast in their faith in God.

In this verse, Paul emphasizes that as Christians, we are free to do many things, but not all of them are beneficial to our faith or edifying to our spiritual life.

Christian freedom and responsibility

1 Corinthians 10:23 shows us that freedom and Christian responsibility go hand in hand. In our walk with God, we are free to make our own decisions, but we also have the responsibility to make wise choices and do what is right in the eyes of God.

Many things in this world are tempting, but not all of them are beneficial to us. It is our responsibility as believers to discern what is beneficial and edifying to us and what is not.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> So whether you eat or drink or whatever you do, do it all for the glory of God.
> *— 1 Corinthians 10:31*

Book: New Testament / 1 Corinthians
Topics: food, life, worship

Interpretation:

We live in a world where we are constantly under pressure to excel and be the best at what we do. In this sense, it can be easy to forget that we are called to give glory to God in everything we do. In *1 Corinthians 10:31*, *the Apostle Paul* reminds us that we are to honor God in everything we do.

Eat and drink to the glory of God

The Scripture passage mentions eating, drinking, and other activities, which means that even the simplest everyday actions can glorify God. But how can we eat and drink to the glory of God?

First of all, one way to give glory to God is to be grateful for what we have. We can do this by praying before meals and thanking God for the food and drink. Furthermore, we can recognize that our body is the temple of *the Holy Spirit (1 Corinthians 6:19-20)*, and therefore taking care of our health can be a way to glorify God.

Do all things to the glory of God

This passage applies not only to food and drink, but to all our actions. How can we apply this to our lives? One way is to seek God's will in all our decisions. When we seek to do what pleases God, rather than our own personal preferences, we honor God.

We can also ask ourselves whether our actions have a positive impact on the lives of others. If we do something that could harm others, we may be acting against God's purpose.

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> So then, about eating food sacrificed to idols: We know that "An idol is nothing at all in the world" and that "There is no God but one."
> *— 1 Corinthians 8:4*

Book: New Testament / 1 Corinthians
Topics: food, idols

Interpretation:
The Bible verse *1 Corinthians 8:4* talks about the importance of discerning what is real and what is not when it comes to food sacrificed to pagan idols. In this text, *the Apostle Paul* reminds us that idols have no power in the world and that *there is only one true God*.

The first part of the verse specifically talks about food sacrificed to idols. In ancient cultures, it was believed that offering food to a god would appease him and thus gain his favor. This practice was called *“sacrificing to an idol.”* Paul tells us that as Christians, we must know that idols have no power and that these sacrifices are in vain.

Then the verse reminds us that there is only one true God. This statement is central to the Christian faith because it is based on the belief that God is the creator and sustainer of the universe and that He is present and actively involved in our lives. By asserting that there is only one God, Paul rejects the idea of ??the existence of many gods, which was common in ancient culture.

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> Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation.
> *— 1 Peter 2:2*

Book: New Testament / 1 Peter
Topics: food, rebirth, Salvation, Word of God

Interpretation:
The main purpose of 1 Peter is to motivate and encourage Christians who were being persecuted for their faith. *1 Peter 2:2* tells us about the importance of getting rid of everything that defiles us and seeking *the Word of God* to grow in our salvation.

In this verse, *Peter* compares spiritual milk to the breast milk that a newborn receives. Just as breast milk is necessary for the physical growth and development of a newborn, spiritual milk is necessary for the spiritual growth and development of every believer.

The importance of pure spiritual milk

It is important to note that spiritual milk must be *“unadulterated.”* This means that it must be pure and not mixed with false teachings or human philosophies. The Word of God is our source of nourishment, and it is vital that we nourish ourselves and grow properly in our faith.

We must be careful with the messages we receive through the media or from other people, as they can distort the truth of God’s Word and cause us to believe things that are not true. Therefore, it is

important that we learn to discern what is true and what is false.

Growing in salvation

The main purpose of spiritual milk is for us to grow unto salvation. This means that we must be in a constant spiritual growth and progression, always striving to draw closer to God and live according to His will.

Growing in salvation does not mean that we become perfect overnight. Rather, it is an ongoing process that requires time, effort, and consistency. We must be willing to submit to the teachings of God's Word and allow *His Holy Spirit* to guide and transform us.

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> For we brought nothing into the world, and we can take nothing out of it. But if we have food and clothing, we will be content with that.
> *— 1 Timothy 6:7-8*

Book: New Testament / 1 Timothy
Topics: food, clothing, contentment, heaven, materialism, world

Interpretation:
These are Bible verses that challenge us to reflect on the brevity of life. In *1 Timothy 6:7*, the Apostle *Paul* reminds us that when we were born, we brought nothing into the world, and when we die, we can take nothing with us that we have accumulated.

This teaches us the importance of not clinging to material things and appreciating the things that really matter in life, such as spiritual values ??and interpersonal relationships. He also encourages us to recognize the time we have on earth and to make the most of it by doing good and leaving a positive mark on the world.

Also in Paul's letter to his disciple *Timothy*, the Apostle reminds us of the importance of being content with what we have in life. *1 Timothy 6:8* encourages us to be content with our food and shelter, indicating that this will be the key to achieving contentment.

Contentment in the modern world

Today, we seem to be immersed in a culture where we always want more and are never satisfied with what we have. Instead of focusing on our blessings, we focus on what we lack, which makes us unhappy and unfulfilled. These verses challenge us to change our thinking and approach, reminding us that true happiness and contentment come when we are grateful for what we have.

While modern philosophy often tells us that we need more – whether it's more money, more possessions, or more success – to be happy, the biblical truth tells us otherwise. If we have the bare necessities, we should be content, and this helps us focus on our relationship with God and what's truly important in life.

What it means to be content

When we talk about contentment, we don't mean complacency, laziness, or a lack of commitment to growth and improvement in our lives. We are talking about gratitude, appreciating what we have rather than focusing on what we lack. This attitude can help us grow in life if we live with a positive and grateful attitude.

To be satisfied in life, we must be at peace with our basic needs: home, food, shelter, and sustenance. When we learn to appreciate these things and not seek excess, we will become happier. It is important to remember that true happiness does not come from material things, but from a deeper connection with God and with our own lives.

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> Now he who supplies seed to the sower and bread for food will also supply and increase your store of seed and will enlarge the harvest of your righteousness.
> *— 2 Corinthians 9:10*

Book: New Testament / 2 Corinthians
Topics: food, bread, generosity, giving, harvest, righteousness

Interpretation:
The Bible verse in *2 Corinthians 9:10* tells us about the importance of generosity and what happens when we help others. The Apostle *Paul* teaches us how God rewards those who give without expecting anything in return.

Now he who supplies seed to the sower

The first thing this verse teaches us is that God is a generous giver. God calls us to be generous to others and to share what we have with those in need. When we give seed to the sower or bread to the eater, we are responding to God's call to be His hands and feet in this world and help meet the needs of others.

Giving seed to the sower means helping those who work in the fields. Give them resources so they can plant the ground and reap the harvest. This is a way to help improve their quality of life by providing a livelihood for them and their families. This expression can be taken as a metaphor that applies to many areas of human activity.

And bread for food will also supply and increase your store of seed

The second important point of this verse is that God rewards generosity. When we give, we do not lose, but gain blessings. When we do what is right, that is, we help those in need, God rewards us. God will grant and multiply our sowing, which means that those who give will see an increase in what they possess.

And will enlarge the harvest of your righteousness

When we are generous to others, we demonstrate our faith through our actions. This is the kind of justice that this verse is talking about. When we demonstrate our faith through our actions, we reap spiritual fruits. These fruits are blessings that will appear in our lives.

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> Every day they continued to meet together in the temple courts. They broke bread in their homes and ate together with glad and sincere hearts, praising God and enjoying the favor of all the people. And the Lord added to their number daily those who were being saved.
>
> *— Acts 2:46-47*

Book: New Testament / Acts
Topics: food, bread, Church, community, praise, worship

Interpretation:

Acts 2:46-47 shows how first-century Christians lived in fellowship, sharing bread and *the Word of God* both in the temple and in their homes, praising God. These verses teach us that the unity and joy experienced in Christian community is the fruit of perseverance and mutual devotion.

The importance of christian fellowship

The gathering of Christians, both in the temple and in homes, is a foundational practice that strengthens faith, fellowship, and mutual love in the church. Temple gatherings worship God and hear His Word, while homes share bread and enjoy God's blessings in a more welcoming and familiar setting.

Christian communion is not just a practice, but a necessity, as the support and company of our sisters and brothers in faith help us grow spiritually and overcome together the adversities that may come our way.

The importance of praising God

The Bible teaches us that praising God is a way of worshiping Him and expressing our love, gratitude, and reverence. In *Acts 2:47*, we see how the early Christians praised God and how this resulted in the delight of the people and a great increase in the church.

Praise is not only a form of worship, but also a means of evangelism. When we praise God and live by His commandments, we show the world God's grace and love. This can be a powerful witness to those who have not yet met the Lord.

How can we praise God?

Some ways to praise God may include music, prayer, singing, reading the Bible, preaching, and serving others. Praise can also be a way of life, living according to God's commandments and always seeking to honor Him in everything we do.

How can this help us?

Praising God can help us maintain a good relationship with Him, grow spiritually, and find peace and satisfaction in our lives. When we praise God, we focus on Him and His greatness, which can help us leave our worries and problems behind. It can also unite us as a community and strengthen us as Christians.

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> Therefore do not let anyone judge you by what you eat or drink, or with regard to a religious festival, a New Moon celebration or a Sabbath day. These are a shadow of the things that were to come; the reality, however, is found in Christ.
>
> — *Colossians 2:16-17*

Book: New Testament / Colossians
Topics: food, Jesus, judgment, sabbath

Interpretation:
Colossians 2:16-17 talks about the freedom Christians have in eating, drinking, and celebrating. Colossians was written by St. *Paul* to unify Christian beliefs and clear up misconceptions among new believers. At the time, some Jews had influenced the church in Colossae by imposing Jewish traditions and customs on Gentile converts to Christianity. These teachings led to confusion and legalism in the community of believers.

Freedom in Christ

In these verses, St. Paul encourages Christians not to worry about criticism from “super-spiritual ones.” He reminds them that *Christ* has given them the freedom to make decisions about cultural traditions and norms. Faith is not a matter of performing rituals and ceremonies, but a personal relationship with God.

The fact that some Christians keep certain days holy and abstain from certain foods does not mean that all believers should do the same. Each person has his own conscience, guided by *the Holy Spirit*, and must make wise and responsible decisions regarding food and celebrations.

A shadow of the future

The Bible is a source of wisdom and teaching for millions of people around the world. Each verse has important meaning and can impact our daily lives if we apply it correctly. Before analyzing these verses further, it is important to understand what the word *“shadow”* means. In this context, a shadow refers to something projected but not the reality itself. A shadow is nothing more than a dim reflection of something to come.

What does “the body of Christ” mean?

The final part of the verses refers to *the body of Christ*, which is the church. In other words, while religious teachings and practices may be important, the true essence of the Christian faith lies in the

community of believers and their relationship with *Jesus Christ*.

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> I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.
>
> *— Daniel 10:3*

Book: Old Testament / Daniel
Topics: food, fasting, wine

Interpretation:
The Book of Daniel is part of the Old Testament and is considered one of the most important texts in Jewish and Christian literature. In this context, verse 10:3 is particularly significant, as it reflects the prophet *Daniel's* attitude toward a difficult situation and fasting.

This verse is part of the story of Daniel's heavenly visitation, during which he receives a series of divine messages. Daniel's fast lasts three weeks, during which he abstains from delicacies, meat, wine, and even incense. It is a common practice in Jewish culture, abstaining from certain pleasures in order to achieve a deeper connection with God.

Why did Daniel fast for three weeks?

According to the biblical narrative, Daniel spent approximately three years in exile in Babylon. In chapter 10 of the Book of Daniel, the prophet prays to God, asking Him to grant him greater wisdom and understanding of His plans for his people. Although God answers immediately, Daniel decides to fast for three weeks to fulfill God's will and prepare for His messages.

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> He humbled you, causing you to hunger and then feeding you with manna, which neither you nor your ancestors 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*

Book: Old Testament / Deuteronomy
Topics: food, bread, life, suffering, Word of God

Interpretation:
The Book of Deuteronomy is part of the Pentateuch—the first five books of the Bible, attributed *to Moses* and describing the historical events from the creation of the world to Moses' death during the Jewish people's wanderings in the desert. In chapter 8, Moses reminds the Israelites of their experience wandering in the desert. He reminds them how God guided and protected them, and how God miraculously fed them with manna from heaven when there was no food or water in the desert.

Divine providence in our difficult times

Deuteronomy 8:3 is an important lesson from the Book of Deuteronomy. Through Israel's experience in the desert, it shows how God cares for their needs. God not only provided them with food and water, but also taught them that life is not just about food and drink, but also about *His Word and will*. God wanted Israel to learn to trust Him in all their needs. God wanted them to know that their Provider is faithful in difficult times.

Reflection and application to our lives

This passage is relevant to our daily lives. We often face financial, emotional, or physical difficulties that leave us feeling hopeless. In such moments, we can learn from Israel's experience in the desert. We can trust in God's providence.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> I know that there is nothing better for people than to be happy and to do good while they live. That each of them may eat and drink, and find satisfaction in

> all their toil—this is the gift of God.
> — *Ecclesiastes 3:12-13*

Book: Old Testament / Ecclesiastes
Topics: food, joy, life, receiving, work

Interpretation:
The Book of Ecclesiastes is a treatise on biblical wisdom, calling us to reflect on life and its many facets. In *Ecclesiastes 3:12-13*, the author makes a compelling statement. This teaching, despite its simplicity, deeply covers several important aspects.

Rejoice in life

Joy is a feeling we all want to experience in life. However, we often allow worries, stress, and difficulties to overwhelm us, forgetting the importance of joy. Reading these verses, we can understand that joy is the key to a full and joyful life.

Joy allows us to savor the little things in life, such as a sunset, a delicious meal, or a conversation with friends. But it also makes us more resilient to difficulties, as it helps us view the world more optimistically and hopefully. Therefore, it can be said that joy is an essential component of a happy life.

Doing good in uur lives

Ecclesiastes 3:12-13 calls us to do good in our lives. What does this mean? Doing good is an attitude that is reflected in our daily actions. It means being honest, compassionate, generous, and fair. Doing good means opening up to the world, going beyond ourselves, and caring for others.

By doing good in our lives, we become agents of change and transformation. We can have a positive impact on the environment and contribute to building a more just and caring society. Doing good also brings us joy because we know we are doing something valuable and meaningful.

A different view of work and Its reward

People often have a negative attitude toward their work. It is seen as a duty or obligation that must be performed to earn a living, but it brings no joy. However, the author of Ecclesiastes calls us to value our work and the fruits of our labor. He shows us that God gives us the opportunity to enjoy what we have earned through our efforts and labor.

This means that life is not only about work, but also about enjoying its fruits. Work is important for earning a living, but enjoying its fruits is equally important. This is why the author of this book reminds

us that the gift of enjoying what we have earned is the greatest gift we will ever receive.

A necessary balance

However, as with everything in life, a balance must be maintained between work and its reward. If we don't value work enough, we won't enjoy its fruits, but if we value the reward too much, we forget the importance of the process that allows us to earn it.

Our work and everything we do are important, but they are not all we are. We are multidimensional beings who require balance and harmony in our lives, and this is the most important lesson to be learned from these verses.

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> This is what I have observed to be good: that it is appropriate for a person to eat, to drink and to find satisfaction in their toilsome labor under the sun during the few days of life God has given them—for this is their lot.
> — *Ecclesiastes 5:18*

Book: Old Testament / Ecclesiastes
Topics: food, life, receiving, work

Interpretation:
The book of Ecclesiastes, written by King *Solomon*, is known for its reflections on life and the things that really matter. In this particular verse, Solomon talks about what he believes is truly important in life: *enjoying the fruits of your labor*.

Eat, drink, and be merry

Some people may associate the idea of ??*“eat, drink, and be merry”* with pleasure-seeking and self-indulgence. But what Solomon is really talking about here is that it’s good to enjoy the fruits of your labor. If we work hard every day, it’s only fair that we also enjoy the fruits of that labor, whether it’s a good meal, a refreshing drink, or anything else that makes us feel happy and fulfilled.

Rather than seeing this as an invitation to overindulge, we can see it as a reminder that we should take a moment to enjoy the fruits of our labor and celebrate our victories. This can help us feel more

motivated and fulfilled in our daily work.

God's Reward

Solomon also notes that this is our reward for the work we do. It is important to remember that everything we do in life has a purpose and that our work is valued by God. Even if our work does not have an obvious purpose, we can be sure that there is a purpose to everything we do.

What happens to those who are unemployed?

It is important to note that not everyone has a job or has the opportunity to *“enjoy the fruits of their labor.”* For those who are struggling to find a job or are in a difficult situation, finding happiness can be difficult. In such cases, it is important to remember that God is with us in these difficult times and that He is working in our lives in ways we cannot yet fully understand.

We must find a way to find joy in the little things and not allow adversity to overcome us. We can seek support from friends and family, in prayer, and in our own inner resistance. Life is not always easy, but faith can give us the strength to move forward.

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> Moreover, when God gives someone wealth and possessions, and the ability to enjoy them, to accept their lot and be happy in their toil—this is a gift of God.
>
> *— Ecclesiastes 5:19*

Book: Old Testament / Ecclesiastes
Topics: food, joy, money, receiving, work

Interpretation:
The book of Ecclesiastes is one of the wise and instructive books of the Bible. In it, its author, presumably King *Solomon*, reflects on the pleasures, sorrows, and vicissitudes of life.

Enjoy divine blessings without guilt

Sometimes we feel guilty about enjoying God's blessings, either because we believe we don't deserve them or because we think it's better to be modest and avoid attention. However, *Ecclesiastes 5:19*

reminds us that these blessings are God's gift, and therefore it is our duty to enjoy them. Of course, without falling into excess or arrogance, but always thanking the Lord for His generous blessings.

Work hard to enjoy blessings

Another important lesson from this verse is that to enjoy God's blessings, we must work hard. God does not bestow blessings and riches upon us magically or unfairly, but tests our capacity for effort and perseverance. It is our duty to strive for excellence in all we do and, as a result, to receive the rewards God has in store for us.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Go, eat your food with gladness, and drink your wine with a joyful heart, for God has already approved what you do.
> *— Ecclesiastes 9:7*

Book: Old Testament / Ecclesiastes
Topics: food, bread, heart, joy, life, wine

Interpretation:
In this verse, the wise author of Ecclesiastes encourages us to find joy in enjoying earthly pleasures. Food and drink are two of life's greatest pleasures, and they are God's gifts that we should enjoy with gratitude and contentment. It's important to note that this is not a call to overindulgence, but rather to moderation and gratitude for what we have.

The importance of finding joy in simple things

In a society that increasingly values ??wealth, success, and power, life's simple joys are often overlooked. However, Ecclesiastes reminds us that true joy is found in the simplest, most everyday moments. A delicious meal with friends and family, a glass of wine at the end of a long day—these are what truly make life worth living. When we learn to appreciate these things and rejoice in what we already have, we become happier and more grateful.

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> 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.”
> — *Genesis 1:29*

Book: Old Testament / Genesis
Topics: food, Fruitfulness, life

Interpretation:
In this Bible verse, we see God’s goodness and care for the newly created humanity. After creating the entire earth, the heavens, the animals, and man, God gives them a blessing that will enable them to survive: every plant that bears seed, and every tree that bears fruit and sows seed.

Food is a basic human need, and this Bible verse shows us how God has already foreseen this need and has provided for it abundantly. Plants and trees are the sources of nutrients that are necessary for the growth and health of the human body.

This account clearly shows that eating herbs, i.e. vegetables and tree fruits, was originally permitted by God. The ability to eat meat and other non-plant foods was given to man later, after the flood, when the covenant was made with *Noah*.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Everything that lives and moves about will be food for you. Just as I gave you the green plants, I now give you everything. But you must not eat meat that has its lifeblood still in it.
> — *Genesis 9:3-4*

Book: Old Testament / Genesis
Topics: food, blood

Interpretation:
In *Genesis 9:3-4*, *God* tells *Noah* and his family that all living things are edible. This includes animals, fish, birds, as well as vegetables and plants. The approval of meat as a food is significant because it

provides humans with a source of protein and nutrients necessary for both growth and survival.

Restrictions on meat consumption

The biblical passage *Genesis 9:3-4* speaks of the importance of life and blood in human nutrition. God gave humans animal flesh for sustenance, but categorically forbade them from eating meat along with its life, that is, the life-giving blood. This commandment clearly demonstrates the value God places on human and animal life and teaches us respect for all forms of life.

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> When I fed them, they were satisfied; when they were satisfied, they became proud; then they forgot me.
> — *Hosea 13:6*

Book: Old Testament / Hosea
Topics: food, dependence, materialism, pride

Interpretation:
Hosea is one of the twelve prophets of the *Old Testament*. His book contains many reflections on the love, justice, and mercy of God. In this particular verse, Hosea is talking about the people of Israel and how they turned away from God.

Hosea 13:6 is a reminder of how material satisfaction can lead to arrogance and forgetfulness of God. This verse reminds us that when we meet our basic needs, such as food and water, it is easy to forget that these are gifts from God. Instead of thanking God for His blessings, we often become arrogant and forget about Him.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> The vine is dried up and the fig tree is withered; the pomegranate, the palm and the apple tree— all the trees of the field—are dried up. Surely the people’s joy is withered away.
>
> *— Joel 1:12*

Book: Old Testament / Joel
Topics: food, harvest, joy, sadness, wine

Interpretation:
The Book of Joel is one of the 12 prophets of the Old Testament and is known for its apocalyptic message. The Book of Joel is divided into two parts: in the first, the prophet describes the invasion of locusts that devastated the land; in the second, Joel's message is a message of hope for everyone who repents and surrenders to God.

The reason for this barrenness in the verse Joel 1:12 is the iniquities of people.

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Attention! This is one of the possible interpretations based on the comments of famous theologians, which may differ from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.
>
> *— John 6:27*

Book: New Testament / John
Topics: food, Eternal life, Jesus

Interpretation:
John 6:27 presents us with a very important and relevant teaching today. In this passage, *Jesus* is speaking to people about the meaning of life and work. He explains to them that they must work not only to obtain the food they need for the present moment, but also to achieve what is necessary for their eternal life.

“The food that spoils” refers to material goods that are temporary and which, although they satisfy our immediate needs, cannot provide us with long-term happiness and satisfaction.

On the other hand, *“the food that endures to eternal life”* represents spiritual and eternal values ??that will help us fill our inner emptiness and find true happiness.

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> Then Jesus declared, “I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.”
> *— John 6:35*

Book: New Testament / John
Topics: food, bread, faith, life

Interpretation:
John 6:35 is one of the most important verses in the Bible because it states *Jesus as the “Bread of Life.”* This refers to the fact that Jesus is our spiritual sustenance and source of life, just as bread is our physical sustenance.

In fact, bread is a staple food in many cultures, and Jesus often uses this symbol in his teaching to explain His role as spiritual sustenance.

This verse is important to us because it shows us the importance of Jesus in our lives. He is our source of sustenance and the only way to find true satisfaction. He is the only one who can satisfy our deepest desires and give us eternal life.

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> Just as the living Father sent me and I live because of the Father, so the one who feeds on me will live because of me.

> — *John 6:57*

Book: New Testament / John
Topics: food, Father, Jesus, life

Interpretation:
John 6:57 presents us with one of the most important teachings of the Christian faith. In this verse, *Jesus* explains to his disciples that He lives because of the Father and that those who eat Him will also live because of Him. Although this statement may seem mysterious at first, it actually contains a deeply spiritual message that can be applied to our daily lives.

Eat the body of Christ

To understand the meaning of *John 6:57*, we must go back to the context in which this teaching is stated. During the *Last Supper, Jesus* took bread and gave it to his disciples, saying to them, *"Take, this is my body."*

In this way, Jesus hinted that His body would be sacrificed for the salvation of mankind. In this verse, Jesus reminds his disciples of this teaching and tells them that those who eat Him, that is, those who believe in Him and follow Him, will also have life in Him.

A new way of Life

Jesus' life was characterized by His unconditional love for others, His service to those most in need, and His total commitment to God's will. As Christians, we should strive to imitate the life of Christ in everything we do. This means living a life of love and service, and always seeking God's will in our decisions.

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> On the last and greatest day of the festival, Jesus stood and said in a loud voice, "Let anyone who is thirsty come to me and drink."
> — *John 7:37*

Book: New Testament / John

Topics: food, equipment, Jesus

Interpretation:
In *John's Gospel, chapter 7*, we are told of *Jesus*' participation in the Feast of *Tabernacles*, an annual festival in Jerusalem that commemorated the pilgrimage of the people of Israel from the *Exodus* to their entry into the *Promised Land*, and during which various ceremonies and ritual offerings were made.

In the context of this festival, and on its last day, Jesus stood up and proclaimed to the crowd around Him his words, which became a powerful appeal to man's spiritual thirst: *"Let anyone who is thirsty come to me and drink."*

Why did Jesus make this invitation?

Jesus was not making this invitation to physical thirst, but to man's spiritual thirst. The Bible uses water as a metaphor for divine love and grace, and in this sense Jesus was offering humanity his divine love and grace to quench the thirst of our souls.

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> Do not worry about your life, what you will eat; or about your body, what you will wear. For life is more than food, and the body more than clothes.
> *— Luke 12:22b-23*

Book: New Testament / Luke
Topics: food, body, contentment, life, thoughts, worrying

Interpretation:
In *Luke 12:22-23*, *Jesus* addresses a very common problem in people’s lives: worrying about basic needs like food and clothing.

Worrying doesn’t solve the problem

Jesus encourages us not to worry about these things because, ultimately, our worrying won’t solve the problem. In fact, focusing too much on earthly needs can distract us from God and what’s really important in life.

God knows our needs

Moreover, Jesus wants us to remember that God knows our needs and that He is the Giver of all things. In *Matthew 6:31-33*, *Jesus* says, *“So do not worry, saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well.”*

Focus on the Kingdom of God

Instead of worrying and focusing on our own survival, *Jesus* calls us to focus on *the kingdom of God* and justice. This means surrendering our lives to God and seeking His will and purpose in all we do.

Trust gives us peace

By focusing on God and His kingdom, we can trust that He will take care of our needs. This confidence gives us peace and allows us to live without worry or anxiety.

In *Philippians 4:6-7, Paul* says, *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”*

The importance of prioritizing life

These verses remind us that there is much more to life than just basic needs like food and clothing. While meeting physical needs is important, we should not make them our top priority. Instead, we should focus on what is truly important and appreciate our lives in a larger sense.

It is easy to get lost in the stress of everyday life and think only about our needs, turning life into a constant struggle for survival. But this way of living does not bring personal satisfaction and true happiness. There is a larger world beyond our personal concerns, and it is there that we often find true meaning and purpose.

Reflections on life

Luke 12:22-23 encourages us to reflect on what is truly important in our lives. Are we living in the moment, meeting our basic needs, or are we looking for something more meaningful and long-term?

It is easy to get lost in the materialistic thinking of modern society, where material things determine our happiness and success. But this approach only leads us to seek temporary and superficial pleasures, leaving us unsatisfied and deprived of the meaning of life.

Instead of focusing solely on our needs, we should focus on our values ??and purpose. True satisfaction is possible only when we follow our hobbies, communicate with others and contribute to the common world.

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> Consider the ravens: They do not sow or reap, they have no storeroom or barn; yet God feeds them. And how much more valuable you are than birds!
> *— Luke 12:24*

Book: New Testament / Luke
Topics: food, life, valuable, worrying

Interpretation:
A Bible verse that concerns us today comes from *Luke 12:24*. In this passage, *Jesus* is teaching a crowd and talking to them about worrying about the future. He tells them not to worry about material things like food, clothing, or money because God cares for them and provides for them in abundance. It is in this context that the mention of ravens appears and how God feeds them even though they do not sow or reap.

Jesus' example in *Luke 12:24* encourages us to think about divine providence. In this passage, He mentions ravens, common birds that can be found in many parts of the world. Ravens are not particularly beautiful or intelligent animals, but God still cares for them and feeds them. This shows us that God is faithful and cares for all the creatures He has created, even those that may seem insignificant or unimportant.

We can often fall into the trap of worrying too much about the material things in life. The society we live in puts pressure on us to achieve success, wealth, and material possessions. But as *Jesus* teaches us in *Luke 12:24*, we must remember that God cares for us and provides for us. We must learn to trust His providence and stop worrying about the future.

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> John answered, “Anyone who has two shirts should share with the one who has none, and anyone who has food should do the same.”
> — *Luke 3:11*

Book: New Testament / Luke
Topics: food, clothing, giving, materialism, neighbor, poverty

Interpretation:
The Gospel of Luke introduces us to the story of *John the Baptist*, who called the multitudes to repent of their sins and be baptized in the Jordan River. In this context, *verse 3:11* is an expression of the Christian ethic, which focuses on helping and being generous to those who are most in need.

The importance of sharing

John the Baptist’s call for help and fellowship should not be underestimated or ignored. In this verse, we are reminded that it is our responsibility to share with those in need. Sharing is more than just giving alms or doing charity, it is essentially an attitude we should adopt towards those who are less fortunate. It is an expression of love and compassion for our fellow man.

In today’s society, we often tend to focus on our own affairs and concerns. However, John the Baptist’s call reminds us that community and the well-being of others are equally important, and we should value them equally. It is therefore vital to consider everything we can offer to society, from skills and resources to simple acts of caring and attention.

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> Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke them. Then he gave them to the disciples to distribute to the people. They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.
> — *Luke 9:16-17*

Book: New Testament / Luke

Topics: food, bread, miracles, Prayer

Interpretation:
The miracle of the loaves and fishes is one of the most famous and often quoted miracles in the Bible. *Luke 9:16-17* describes *Jesus* taking five loaves and two fish, blessing them, breaking them, and distributing them to His disciples to feed over five thousand people. This miracle is an example of Jesus's miracle-working power, but it is also an example of His compassion for those in need.

The loaves and fishes: a metaphor for God's abundance

These verses are also a metaphor for God's abundance. Sometimes we feel like we don't have enough, that our resources are limited. However, when *Jesus* takes the little we have and multiplies it to bless others, He reminds us that God supplies all our needs and that His abundance can overcome any human limitations.

Jesus calls us to share what we have

This passage calls us not only to trust in God, but also to share what we have with others. Often we have enough resources to help others, but we are afraid to share them because we are afraid that we will not have enough. When we are willing to share what we have, we adopt the attitude and behavior of Jesus, our example, toward those in need.

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> "Bring the whole tithe into the storehouse, that there may be food in my house. Test me in this," says the Lord Almighty, "and see if I will not throw open the floodgates of heaven and pour out so much blessing that there will not be room enough to store it."
> — *Malachi 3:10*

Book: Old Testament / Malachi
Topics: food, blessing, giving, harvest

Interpretation:
Tithing, or giving 10% of one's income to the church or to the poor, has been a common practice among believers since biblical times. First of all, this verse reminds us of the importance of obedience

and trust in God. By tithing, we demonstrate our faith in Him and His ability to provide for our needs.

In addition, we help finance the church's burdens, such as helping the poor and maintaining its facilities, and in this way, we fulfill our Christian responsibility to help our brothers and sisters.

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> “Are you so dull?” he asked. “Don’t you see that nothing that enters a person from the outside can defile them? For it doesn’t go into their heart but into their stomach, and then out of the body.” (In saying this, Jesus declared all foods clean.)
>
> — *Mark 7:18-19*

Book: New Testament / Mark
Topics: food, body, heart

Interpretation:
In *Mark 7:18-19*, *Jesus* declares all foods to be clean, meaning that no food in itself is spiritually unclean. This teaching is contrary to Jewish religious tradition, which requires the observance of laws and rituals for the purification of food. Jesus also teaches that true purity and chastity are not achieved through external rituals, but through a pure and sincere attitude of the heart.

Contribution to personal life

These verses have great implications for our personal lives. Often we worry too much about rituals and traditions instead of focusing on the purity of our hearts. Jesus reminds us that it is not what goes into our bodies that makes us unclean, but what comes out of our hearts, such as envy, hatred, lies, and lust. We must focus on developing a pure and honest inner life that results in right actions and decisions toward ourselves and others.

Do these verses give permission to eat anything?

No, these verses are not a license to eat whatever we want without restrictions. Jesus is specifically talking about food uncleanliness in the context of Jewish religious traditions (for example: not washing hands before eating). The main teaching is that it is not what goes into our bodies that makes us unclean, but the uncleanliness of the heart.

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> John’s clothes were made of camel’s hair, and he had a leather belt around his waist. His food was locusts and wild honey.
> *— Matthew 3:4*

Book: New Testament / Matthew
Topics: food, clothing

Interpretation:
John the Baptist is an important figure in the New Testament and is known as the forerunner of **Jesus**. He appears in all four Gospels and is described as a prophet who came to prepare *the way for the Messiah*. John preached in the Judean desert, calling for repentance and baptizing people in the Jordan River.

This verse describes John the Baptist's clothing as *"were made of camel’s hair, and he had a leather belt around his waist."* The fact that John wore camel's hair clothing indicates his humble lifestyle and willingness to forgo worldly comforts. Additionally, the leather belt may symbolize his moral authority as a prophet.

The verse also says that *"His food was locusts and wild honey."* Locusts were John's source of protein, and honey was his source of energy and natural sweetness. While this diet may seem strange to us, we must remember that John lived in the desert and food was hard to come by. However, many believe that this diet was also a form of renunciation of materialism and ascetic practices.

Today, Christians may find it difficult to understand the life of John the Baptist, but there are some lessons we can apply to our own lives. First, we must learn to renounce the worldly and focus on the spiritual. Second, we must be willing to take bold action and communicate God's message to others, as John did in the desert. Finally, it is important to remember that humility and simplicity are important values ??in the Christian life.

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> Jesus answered, “It is written: ‘Man shall not live on bread alone, but on every word that comes from the mouth of God.’”
>
> *— Matthew 4:4*

Book: New Testament / Matthew
Topics: food, bread, listening, Word of God

Interpretation:
Matthew 4:4 is Jesus’ response to the temptations presented to Him by the devil in the wilderness. The devil tempted Him to turn stones into bread to satisfy his appetite, but Jesus wisely quotes a scripture that reminds him that **life is not just about satisfying our physical needs**. In His response, Jesus teaches us that we need more than just food for our bodies; we need food for our spirits.

After fasting forty days and forty nights, Jesus became hungry. (The number forty is often used in the context of a trial or test in Scripture.) This natural desire provided *the tempter* with an advantage that he used with success on many people. He invited Jesus to use His miraculous power to turn the stones of the desert into loaves of bread.

There is no doubt in the opening words, **“if you are the Son of God.”** They actually mean **“since you are the Son of God.”** The devil is referring to the words the Father spoke to Jesus at His baptism: **“This is my Son, whom I love.”**

To gratify natural desire with divine power in response to Satan’s prompting *is outright disobedience to God*. We are similarly tempted to live for the gratification of natural desires, to choose the way of our convenience instead of seeking the kingdom of God and his righteousness. The devil says to us, **“You must live, must you not?”**

The central teaching of this verse is that we need spiritual food to survive, just as we need physical food. This verse does not make an equal comparison between the Word of God and bread, but rather, the Word of God is a higher and more essential need than bread. Therefore, when we feed on the Holy Scriptures, we feed our spirits according to God’s divine purpose.

The primary way to feed our spirits is through a life of Bible reading and study. It is the Word of God that nourishes us, guides us, and transforms us as we advance in our faith. The Psalms tell us that *“The law of the LORD is perfect, refreshing the soul. The statutes of the LORD are trustworthy, making wise the simple” (Psalm 19:7)*. When we read and study the Bible, we open ourselves to the wisdom and truth that only God can give.

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> Blessed are those who hunger and thirst for righteousness, for they will be filled.
>
> — *Matthew 5:6*

Book: New Testament / Matthew
Topics: food, blessing, receiving, righteousness

Interpretation:
Justice is an important theme in the Bible, referring to the virtue of doing right and justly toward others. *Matthew 5:6* shows us that those who desire righteousness will be blessed by God and will be satisfied. But how can we best understand the meaning of this passage of Scripture?

Hunger and Thirst for Justice

The first part of the verse talks about a hunger and thirst for righteousness. This implies a deep need and desire for justice in all areas of life. A person who hungers and thirsts for justice strives to do what is right not only for themselves but also for others. This can be a difficult task, since conflicts and misunderstandings often arise in human relationships.

The Promise of Satisfaction

The second part of the verse tells us about the promise of satisfaction. Those who hunger and thirst for righteousness are promised satisfaction. This means that God will reward them for their pursuit of justice and give them the satisfaction they seek.

This promise is important because sometimes it may seem that those who strive to do what is right are ignored or mistreated. But the Bible assures us that God recognizes and rewards the pursuit of justice.

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> Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes?
>
> — *Matthew 6:25*

Book: New Testament / Matthew
Topics: food, beauty, contentment, life, thoughts, worrying

Interpretation:
In this Bible verse, we can find a fundamental teaching for life: *“Do not worry about your life.”* However, in modern life, worry has become a constant companion of our daily lives. We worry about problems at work, the economy, health, personal relationships, and much more.

Worry, although natural for humans, can become an obstacle to happiness and self-fulfillment. Worrying too much about things can cause states of anxiety, depression, and other emotional disorders. Moreover, worry is an attitude that makes us lose the ability to enjoy the present moment and appreciate what is truly important in life.

In this verse, Jesus encourages us to not worry about our daily lives and shows that God cares about our needs. Worrying does not solve anything, but trusting in God gives us the peace and security we need. In the Bible, we find many examples of people who trusted God and saw their faith rewarded.

The Bible text also reminds us that **“life is more than food, and the body is more than clothing.”** Often we become obsessed with material things and forget that life is more than just being in a good economic position or having material goods. Life is a precious gift that we should take care of and appreciate in all its dimensions.

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> But seek first his kingdom and his righteousness, and all these things will be given to you as well.
>
> — *Matthew 6:33*

Book: New Testament / Matthew

Topics: food, Kingdom, righteousness

Interpretation:
Matthew 6:33 occurs in the context *of Jesus'* sermon to the people on the mountain. In this passage, Jesus discusses various teachings about living righteously and godly before God.

In verse 33, Jesus emphasizes the importance of pursuing *God's kingdom and His righteousness* above all else, assuring us that God will provide for us if we follow His commands.

Interpretation of the verse

This verse is a key statement about the importance of keeping God at the center of our lives. Jesus teaches us that our first priority should be pursuing God's kingdom and His righteousness.

Pursuing God's kingdom means pursuing God's presence and power in our lives. Pursuing God's righteousness means living a life that reflects God's values and principles.

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> Nehemiah said, "Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. This day is holy to our Lord. Do not grieve, for the joy of the Lord is your strength."
> — *Nehemiah 8:10*

Book: Old Testament / Nehemiah
Topics: food, giving, joy

Interpretation:
This verse speaks of the rebuilding of the temple and the walls of Jerusalem and the people of Israel gathering to hear the Law of God, and Nehemiah encourages them by saying that *"the joy of the Lord is our strength."* This statement tells us that the source of our strength is not in ourselves, but in the joy we find in God.

In our daily lives, we can apply this verse by always remembering that the joy of God is our strength. When we are sad or discouraged, we can turn to God and find in Him the strength we need to overcome any situation. Likewise, when we celebrate accomplishments and blessings, we should

remember that God is the author of all good things and that our joy in Him is the source of our true happiness.

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> I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want.
> *— Philippians 4:12*

Book: New Testament / Philippians
Topics: food, contentment, life, money, poverty

Interpretation:
The Apostle *Paul* wrote to the church in Philippi about their ability to live in any situation. He said that he had learned to live modestly, and he also learned to live abundantly. But most importantly, Paul attributed his ability to survive in any situation to one person: *Jesus Christ*.

Learning to live with humility

In this verse, Paul says that he has learned to live humbly. This is a difficult lesson, since humility often contradicts our human nature. Humility means recognizing that we are completely dependent on God and that we are not above others.

This recognition of our dependence on God leads us not only to a more modest life, but also to a sense of true freedom. Not worrying about what others think of us or accumulating earthly things allows us to trust in the One who cares for us.

Learning to have abundance

The Apostle Paul also talks about the ability to have abundance. This is also difficult for many Christians, since we often think of poverty as a sign of holiness. However, the Bible is full of stories of prosperous people like *Job and Abraham*. God promised blessings and prosperity to those who obey and trust Him.

Prosperity can also give us the opportunity to bless others. God has blessed us so that we can be a blessing to others. We can share our financial and material goods, but we can also share our knowledge, wisdom, and time.

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> A generous person will prosper; whoever refreshes others will be refreshed.
> — *Proverbs 11:25*

Book: Old Testament / Proverbs
Topics: food, generosity, giving, selfishness

Interpretation:
The Book of Proverbs is a book of wisdom, containing advice for daily living, justice, and morality. Chapter 11:25 teaches a doctrine of generosity and prosperity, calling us to share with others so that we too can have abundance.

Generosity as a path to prosperity

The central idea of ??this verse is that generosity brings abundance and blessing. When we give to others from a pure heart, we not only do good, but we also sow the seeds of benefit for ourselves.

The term “generous soul” refers to a person who is generous with his or her kindness to others. The “prosperity” of such a person means that he or she will live in abundance – materially, emotionally, and spiritually.

Sharing the feast

The second aspect of this verse from *Proverbs 11:25* is the idea that “whoever feeds others will also be fed himself or herself.” The term “feed” refers to the satisfaction of a specific need, whether physical (e.g. hunger) or emotional (e.g. sadness).

When we are able to meet the needs of others, we contribute to their happiness and well-being. But in turn, this generous act benefits us as well, since the act of giving and receiving is mutual.

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from each other. If the interpretation is taken from other languages, then there may be a distortion of meaning when translating the language. *Matthew 7:7-8*

> Gracious words are a honeycomb, sweet to the soul and healing to the bones.
> — *Proverbs 16:24*

Book: Old Testament / Proverbs
Topics: food, body, gentleness, health, soul, speaking

Interpretation:
Proverbs 16:24 teaches us the importance of the words we speak and how they can impact our lives. The honeycomb analogy suggests that our words should be sweet and gentle, so that they are a balm to the soul and a healing to the bones.

What does it mean to have soft words?

Smooth speech means speaking pleasant and kind words instead of hurtful or unpleasant ones. Harsh and offensive words can be compared to a sword: they cut and wound. Soft words, on the other hand, can be compared to honey, which is good for both the body and the soul.

Benefits of soft speech

Kind words not only benefit others, but also ourselves. When we speak kind words, we bring peace and happiness to our hearts. Moreover, our body relaxes and calms down. On the other hand, when we speak hurtful words, we create tension and suffering in our body.

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> Keep falsehood and lies far from me; give me neither poverty nor riches, but give me only my daily bread.
> — *Proverbs 30:8*

Book: Old Testament / Proverbs

Topics: food, lying, materialism, money, poverty, reliability

Interpretation:
In the book of Proverbs, *Agur* makes a sincere and humble request to God in chapter 30, verse 8. In this verse, Agur asks the Lord to keep him from vanity and lies and to give him only the necessities of life, which is daily sustenance.

Vanity and lies

Vanity and lies are two terms that are mentioned together many times in the Bible. Some people think that vanity and lies in everyday life are the shortest path to reaching the top. However, Agur shows in this verse that this attitude is not typical for those who are seeking to live a righteous life in the eyes of God.

It is important to remember that God is a God of truth, and everything He gives us is based on truth, not lies. Vanity causes us to desire things that are not necessary and to seek to impress others, which can ultimately lead us away from the path of God.

Poverty and wealth

This verse also talks about the importance of balance in our lives, which is especially important when it comes to wealth. Agur asks God to grant him neither poverty nor wealth, but to give him only what he needs to live.

It is important to note that poverty and wealth can affect our relationship with God. Poverty can make us feel powerless and dependent on others, while wealth can make us rely on ourselves and forget God. By asking God to give us only the food we need, Agur shows his trust in God and his willingness to always seek Him.

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> For he satisfies the thirsty and fills the hungry with good things.
> — *Psalm 107:9*

Book: Old Testament / Psalms
Topics: food, reliability

Interpretation:

Psalm 107:9 is a Bible verse that highlights God's providence and goodness to those who seek Him and trust in Him. This verse shows us God's willingness to meet our deepest needs and soul longings. He provides spiritual food and satisfaction to our hungry and needy souls.

In this passage of Psalms, the term *"hungered"* refers to a person who has a need, physical or spiritual, that he cannot satisfy on his own. The term *"thirsty soul"* refers to a person who yearns and longs for something that can only be satisfactorily fulfilled by God. This spiritual hunger can be caused by a lack of meaning and purpose in life, emotional emptiness, or a search for true happiness.

In this context, it is obvious that God is able to provide and meet all of our needs. *Psalm 23:1* says, *"The Lord is my shepherd, I lack nothing."* It is important to note that this does not mean that God will give us everything we want indiscriminately, but that in His wisdom He knows what is best for our lives.

This verse also reminds us that there is a connection between our conscience and our inner being. Our soul is the most valuable part of ourselves, and when it is satisfied with God, our outlook on life changes. This gives us unrivaled peace and unspeakable joy to continue forward on our path.

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> Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they with me.
> *— Revelation 3:20*

Book: New Testament / Revelation
Topics: food, listening, obedience, promises

Interpretation:
Revelation 3:20 is a verse that is familiar to most Christians. This verse describes the call *of Jesus Christ* into the lives of those who listen to Him and respond to Him. The imagery described here is of a closed door that can only be opened from the inside. *Christ* cannot enter our lives until we open the door to invite Him in.

A closed door and an opening from the Inside

A closed door is a metaphor used in the Bible to describe the separation between God and humanity. The Bible teaches us that humanity has been separated from God since the beginning of time when *Adam and Eve* sinned. Since then, people have been separated from God and can only return to Him through faith and opening the door in their hearts.

Jesus Christ is the One who knocks at the door. He calls humanity to open their hearts and allow Him to share a meal with Him. It is important to note that this is a personal invitation. Each person must individually respond to this invitation.

The meaning of the dinner

The dinner that Jesus Christ describes in this verse is an act of fellowship and friendship. Jesus Christ's invitation to share a meal with Him is an expression of His deep love and desire to have a personal relationship with each of us.

In the culture of Jesus Christ's time, sharing a meal was considered a sign of friendship and fellowship. *Jesus Christ's Supper* points to the close relationship between Him and us. It is an important aspect of the Christian faith, based on a personal relationship with God.

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> The one who eats everything must not treat with contempt the one who does not, and the one who does not eat everything must not judge the one who does, for God has accepted them.
>
> *— Romans 14:3*

Book: New Testament / Romans
Topics: food, judgment

Interpretation:
Romans 14:3 encourages tolerance and respect for those who have different eating habits. In this passage, *the Apostle Paul* encourages us not to look down on or judge those whose eating habits differ from ours.

Context of the verse

To better understand this verse, it is important to consider the context in which it was written. At the time Paul wrote this letter to the Romans, there was a heated debate in the church about whether or not Christians should eat meat that had been sacrificed to idols. Some believed that it was a sin, while others believed that it was fine.

Paul, in his wisdom, realized that this debate was not essential to the Christian faith and that what was truly important was love and unity among brothers. So instead of taking sides, he encouraged the Romans to respect one another and not judge others by their eating habits.

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> In the days when the judges ruled, there was a famine in the land. So a man from Bethlehem in Judah, together with his wife and two sons, went to live for a while in the country of Moab.
> — *Ruth 1:1*

Book: Old Testament / Ruth
Topics: food, bread, faithfulness, worrying

Interpretation:
This verse begins a beautiful and touching story that teaches us several important lessons about *faith, family, and friendship*. We will examine some of these lessons below.

The Importance of Family

A man from Bethlehem-Judah made the decision to emigrate to Moab with his family, his wife, and two children. This decision was motivated by his love and concern for his family, as well as his desire to protect them from famine and instability in Israel. Family is a sacred institution, and it is important that we support each other and make decisions together in difficult times.

God’s Provision in Difficult Times

Famine was the reason the man from Bethlehem-Judah moved to Moab, but it was actually God’s providence that led him. *Ruth 1:6* says, *“When Naomi heard in Moab that the Lord had come to the aid of his people by providing food for them, she and her daughters-in-law prepared to return home from there.”* God provides for His children even in difficult times.

Love and Faithfulness of a Daughter-in-Law

When a man from Bethlehem-Judah came to Moab, he died, leaving behind his wife and two children. The loyalty and love of Ruth, one of the daughters-in-law, for her mother-in-law is touching. In *Ruth 1:16-17*, Ruth says to her mother-in-law Naomi, *“Don’t urge me to leave you or to turn back from you. Where you go I will go, and where you stay I will stay. Your people will be my people and your God my God. Where you die I will die, and there I will be buried. May the Lord deal with me, be it ever so severely, if even death separates you and me.”* Ruth is an example of friendship, love, and true devotion to a cause.

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