

Readings

Scripture

¹I appeal to you therefore, brothers, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. ²Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.

³For by the grace given to me I say to everyone among you not to think of himself more highly than he ought to think, but to think with sober judgment, each according to the measure of faith that God has assigned.

- Romans 12:1-3 (*English Standard Version*)

Reflection

Christ is our bread and gives us bread. He is the gift and the giver. God gives us every meal we eat, and every meal we eat is ultimately partial and inadequate, pointing to him who is our true food, our eternal nourishment.

- Tish Harrison Warren, *Liturgy of the Ordinary: Sacred Practices in Everyday Life* (p. 64)

Just as Jesus called himself the 'true' or 'real' bread and vine (John 6:32; 15:1), as opposed to the baker's bread and the farmer's vine, which are the shadows of which he is the substance (and not vice versa), so God is the ultimate reality ('the only true God', John 17:3) as opposed to idols (21).

- John R. W. Stott, *The Letters of John: An Introduction and Commentary, vol. 19* (p. 194)

Sermon Outline

Food and the Glory of God
Romans 12:1-3

Offering Your Ordinary Life to God
Matt Mobley

Food is a gift from God (Genesis 1:29-30)

We have a broken relationship with food

- We idolize food
- We neglect food

Food reflects God's glory

- It points beyond itself (Exodus 12:26-27; Matthew 26:26-29)
- It points us to what we truly hunger for (John 6:35)
- Every meal foreshadows a future meal (Revelation 19:6-9)

Reflection Questions

- What stands out from the Scriptures about the topic of food?
- What does food teach us about God?
- What has your relationship with food been?
- How is your relationship with food broken?
- Why is your relationship with food broken?
- Why is it so hard to practice healthy eating habits?
- How might healthy eating habits inform our worship of God?
- What is the significance of The Lord's Supper for the church today? Why should we celebrate it?
- In light of these truths, what is the significance of sharing your food with others?
- Who can you give food to over the next week?