

Interpretation: Food in the Bible

Physical and Spiritual Nourishment

A Workbook

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It is with great humility and love, dearly beloved seeker, that I invite you to connect deeply with the richness of the goodness and love of God.

"O taste and see that YHWH is good: blessed is the human that trusteth in YHWH" Psalm 34:8

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*"Blessed are they which do hunger and thirst after righteousness:
for they shall be filled."*

Matthew 5:6

Despite the myriads of fad diets (Atkins, Paleo, Keto, Suzanne Somers, Whole 30, low fat, low oxalate or low lectin diet, the carnivore diet, and conscious lifestyle convictions such as veganism and vegetarianism), our western society is suffering from food-related obesity-diabetic pandemic, heart disease, and countless other diseases. When confused as to what to eat, I turned to the Bible to determine an eating plan. As I studied to see what the Biblical characters ate, I saw a correlation between physical and spiritual nourishment. Dear beloved, may you be enjoy studying about food and embrace practical applications that satisfy spiritual hunger.

There is much debate about what Bible translation a seeker should use. At first, I used the *1611 King James Bible (KJV)* with the *Strong's Exhaustive Concordance*, and the online *Biblehub* website as the tools for this study because the spiritual metaphoric connections came alive. As I have matured, I've consulted several other Bibles, and my view of Scripture changed as I utilized the *Ancient Hebrew Dictionary*, and the *Ancient Hebrew Lexicon*, both by Jeff A. Benner. God bless your study.