

Very Much Better Than Junk Food!

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[0 : 0 0] 17th April. Very much better than junk food. Isaiah chapter 55 verse 1. Come, everyone who thirsts, come to the water, and he who has no money, come, buy and eat.

Day after day we're told that so-called junk food is bad for us. It makes us fat and too much can cause all sorts of other health problems too, and we all like it.

Food was very important to the people in Bible times. God knew this, and he built in several feast days to the different important dates in his people's calendar.

But sometimes food was short. Perhaps the rains didn't come, or locusts stripped all the trees and grass. People went hungry. But in the text, God is telling us of a great feast of good things for our souls, for our spiritual lives.

There's no scarcity of food and drink, and it really satisfies, because it all comes from God. When Jesus came into our world, he invited people to come to him, for he said, I am the bread of life, John chapter 6 verse 48, and I am the water of life, John chapter 4 verses 7 to 15.

[1 : 2 0] It is only in God's Son, the Lord Jesus Christ, that we find that which honestly satisfies our life and gives us lasting pleasure.

This is because God knows our deepest needs and feels sad for us when he sees us wasting our lives on things that really cannot meet our soul's needs, but in reality can only end up in deceiving us and failing us.

Life in all its fullness comes only from God in Jesus Christ. All the rest is junk food. And a prayer.

Dear Lord, help me to come to you for the good things you have for me.

Amen. Amen. Amen.