

## What Have You Been Eating?

By Karen Perimen



We all know that what we feed our physical bodies has an impact on our physical well-being; weight gain or loss, high or low blood pressure, etc. How much more important is it to watch over our spiritual diet? Have you ever thought to ask the question, "Lord, what do you have for me to eat today"? I venture to say it would not be watching TV, trolling the internet, or even

reading some books. Is that the food we need? In 1 Kings we read about Elijah, a man with the same nature as us. He prayed and the Lord closed the heavens so that it did not rain for three years. During this time Elijah was physically sustained by the seemingly never ending bit of flour and cup of oil used to make some cakes by the widow woman. As you read through chapters 17 and 18 you find that Elijah prayed for the widow's son and he was raised from the dead, he called fire down from heaven that consumed the altars of Baal and killed their prophets. He prayed again to the Lord and the long drought ended. Could we say that Elijah was a mighty man of God, who heard the voice of the Lord, and had a relationship with Him?

Next, we see in 1 Kings 19:2 that a messenger came to Elijah and suddenly we see a different picture – one of Elijah sitting under a juniper tree telling God "it is enough, just kill me"! He knew the Father's will, but in one day he was knocked out. Are you under a juniper tree? What messenger has knocked you out; a doctor's report, the words of family or friends, your own thoughts? Elijah's mistake was telling God "enough"! Looking back in 1 Kings 17:4-5, we see that God commanded the ravens (messengers) to bring bread and meat to Elijah every morning and every evening. Forces of darkness are at work to bring you down, but the good news is when the devil sends his messengers, God also sends His messengers! He is sending His messenger with the food you need for your situation today.

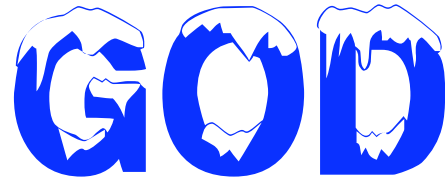
Not all encounters with God happen in church; sometimes the strongest occur elsewhere. Do we eat, drink and then go back to sit under our juniper tree or are we the messengers that cook and prepare the food for others? Moses ate and then went up the mountain for 40 days. Noah ate and then went into the ark for 40 days. The children of Israel were sustained in the wilderness for 40 years. The number 40 in the bible represents "a season." With the strength from the food you

eat you can be carried through the season you may be in right now. We serve the God of many opportunities, the journey is great, and He is not through with you yet. It may be that you just need to change your diet!



## GOT Jesus?

Is something missing in your life? Do you feel alone, helpless or unloved? True life is all about Jesus, who loved you more than His own life and longs to have a relationship with you. Pray the following prayer. Invite Him into your life today.

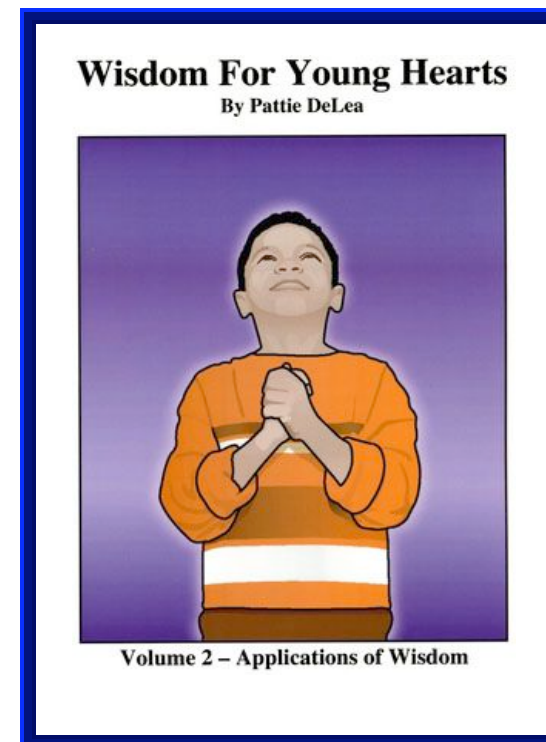


I come to You in the Name of Jesus. The Bible says, "If I confess with my mouth the Lord Jesus and believe in my heart that God has raised Him from the dead, I will be saved" (Romans 10:9). I believe in my heart that Jesus is Your Son and that You raised Him from the dead. And I confess Jesus as my Lord. Therefore, I am saved!  
Thank You, Lord.

## Prophetic Word

Walk in unity, walk in love...  
That My blessings will descend from above..  
To help, to strengthen, for all I have planned  
So more of My family will walk in their promised land!  
For you are each a channel of love, through which I can flow  
Blessings, to one another here below.  
Oh, the blessings of what I alone can impart  
Through one who is pure and holy of heart!  
So walk in unity and walk in love...  
And Father will flow great oceans of grace from above.  
Choose to be a vessel of My love and My grace  
That you will encourage others, in their race.  
Be filled with My joy and stay filled with My Spirit  
So all who come close will know, and will hear it....  
It's oh so sweet, that sound of victory  
As you walk in love and in My unity.  
With oneness of spirit and oneness of heart...  
My grace and My blessings I will impart!

Father God



Wisdom for Young Hearts (Volume 2) is now available for purchase. If you are a home-schooler, parent, grandparent, or a children's church instructor with young children (K - 6th grade) and would like to teach your children biblical wisdom, then this is the second in a series of 4 books geared just for you. Pattie and I are excited about making this series of books available to you and helping you impart the type of wisdom into your children's hearts that will stay with them through life's journey. Copies may be obtained online by visiting [www.amazon.com](http://www.amazon.com) or [www.barnesandnoble.com](http://www.barnesandnoble.com) and searching for Wisdom For Young Hearts. Copies will also be available at RDM ministry meetings.