

A Traveler's Guide: Life Rhythms - Eat

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Oakbrook Community Church (PCA)

1 Peter 3:8-12

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Living as a Redeemed Ambassador - B.L.E.S.S.

- Because of who we are 1Pt 1:1-2; 2:5 we live differently 2:9;3:8-12

The Rhythm of EAT

- Man's rebellion was embodied in a meal Gen 2:6
 - Eating was a continual way to express dependence upon God
 - Eating showed continual submission to His good reign
 - Eating of the forbidden was sin: Rom 1:21
- Sin affects ALL relationships including our relationship with Food:
 - Instead of saying God is Great so I don't have to be in control, we use food as control: eating disorders; don't see food as gift from God; merely eat to live rather than celebrate
 - Instead of saying God is Glorious so I don't have to prove myself, we use food to define us: diets; remake self thru food; image=glory
 - Instead of saying God is Good so I don't have to look elsewhere for satisfaction we find refuge in food: food as comfort; Mt 4:4
 - Instead of saying God is Gracious so I don't have to prove myself, we identify ourselves by food: vegan; organic; paleo. Diets can merely be points based religion to be accepted.
- We are called to REDEEM Eating & see God's promises embodied meals
 - God came to Abraham: Gen 12:2 all will be blessed through you...
 - Israel found themselves in bondage in Egypt : redemption was defined through a meal: Passover - Ex 12-13
 - God brought Israel to Sinai to worship gave law Ex 20
 - People promise to obey Ex 24:3; Celebrated with meal Ex 24:9-11
 - While Israel promised to live under God's rule Ex 24:3 they didn't and often lived in rebellion, wandered 40 yrs: God's way: Dt 8:2-3
 - Let US not be like Israel & grumble Ex 16-17;
 - Let US not be like Israel & not trust God Nu 13-14
 - Worship of God was by feasting & celebration (joy & food)
 - God renews covenant Josh 5:11 Passover w/ abundance of land
 - Tithe worship was a feast before God Dt 14:26

The Lord's Supper - the heart of God's Story = meal

- Lord's Supper celebrates defining act of Redemptive History
 - Looks BACK to the Passover
 - Looks at the redemption of the Cross Lk 22:19-20
 - Christ's work at cross rent temple veil: Lk 23:44-46
 - Christ opened the way to God: Heb 10:19-20
 - Looks FORWARD to Marriage Supper of the Lamb Mk 14:25

Meals Remind us

- the meal is an act of Remembrance. Lk 22:19. As we eat we remind ourselves that Christ's work makes us family at His table
- the meal as an act of Community 1 Cor 10:17. The meal reminds us that we are saved into a family, all are sinners needing Christ's provision.
- the meal is an act of Dependence Lk 4:4. We are creatures dependent upon God's provision of food & salvation. Lk 11:3; Dt 8:3
- the meal is an act of Participation 1 Cor 10:16. At the table we aren't just observers, but God invites us to His table!
- the meal is an act of Formation 1 Cor 11:26. The very act of coming to the table is an act of proclaiming the Gospel!

BLESS RHYTHMS: living w/ Christ's attitude:

Bless: We intentionally bless others through serving, encouraging, giving, and thinking of those around us. Instead of focusing on ourselves, we focus on others.

Listen: We intentionally listen to others through questions, focus, and attentiveness to their story and who they are.

Eat: We intentionally eat through sharing our meals, drinks, and moments around the critical necessity of nourishment.

Speak: We intentionally speak the truths of Jesus by graciously and boldly proclaiming the gospel in all scenarios of life.

Sabbath/Celebrate/Recreate: We intentionally work, rest, and enjoy the fruit of the gospel and fruit of God's creation. We pause to remember we are God's mission as we're on God's mission. The mission is His, not ours.

Daily: do an inventory and look for opportunities to BLESS others... Live intentionally for Christ's glory!

Put it into Practice:

- You eat at least 21 meals a week... who can you invite to eat (celebrate) with you?
- In your prayers of thanks for the meals you eat, what things should you be thankful for?