



**WHAT WOULD
JESUS EAT**



What Would Jesus Eat?

About 2,000 years ago, God became a man in the person of Jesus Christ.

He lived and walked among people just like you and me...

Jesus, the God-Man, interacted with sinners, celebrated with them, spoke with them, taught them, and ate with them.

So when it comes to the question, “What would Jesus eat,” the answer is

simple. He ate, well, what you and I would eat if we were living and dining in Israel 2,000 years ago.

Historically speaking, **the diet of ancient Israel was a nutritious one with loads of benefits for us today...**

And as one who lived in that day, Jesus used these foods to feed himself physically, but also as an avenue to feed his followers spiritually through illustrations and meditations.

Let's do the same...

Fish

“And while they still disbelieved for joy and were marveling, he said to them, ‘Have you anything here to eat?’ They gave him a piece of broiled fish, and he took it and ate before them.” (Luke 24:41-42)



Men have been hunting fish since the dawn of time...

“Hunting” fish looks a little different today than it did a few millennia ago (*now it looks more like snoozing with a fishing rod in your lap*), but it’s a global pastime.

And there is good reason for this, too.

Fish are among the healthiest food you can eat. Fish are exploding with health benefits.

First off, fish are high in protein content, making it an excellent main course for any meal.

A single fish fillet contains anywhere from 25-40 grams of protein...

Every cell in your body contains protein...

Your muscles also need protein in order to repair and grow...

But fish aren’t only capable in their protein content. They’re also the world’s best source of Omega-3 fatty acids. **Omega 3’s are essential for your body and brain to function at an optimum level.**

Eating fatty fish will help to sooth muscle and joint pain, give you greater clarity of mind while also protecting you from memory loss diseases such as Alzheimer’s disease and dementia.

Adding fish to your diet won’t only assist you physically, but emotionally

as well. **Studies have shown that people who eat fish are less likely to become depressed.**

Literally speaking, eating fish can make you a happier person.

This could be due to the fact that a consistent intake of fish will help you to sleep better, and get more vitamin D, another mood booster.

At this point, I'm sure you're convinced. Get some fish into your diet.

In the Scripture I mentioned above, we find the disciples meeting with Jesus after he was crucified and raised from the dead. Some of the disciples struggled to believe...

But still, Jesus eats with them.

Even in their skepticism and reluctance, Jesus compassionately ate with them and then commissioned them to go and spread the gospel, that Jesus lived, died and rose from the dead to bring salvation to sinners like you and me...

After he ascended to heaven, Jesus poured out the Holy Spirit on the disciples, who empowered them to become "fishers of men" (Matthew 4:19).

Through faith in Jesus, the Holy Spirit also gives you and I the courage to share the gospel with others in hope that they too will turn from sin and follow Jesus. As you get all of the physical health benefits from fish, remember also the spiritual benefit of the Holy Spirit, who strengthens us to be fishers of men.

Lamb

“And the disciples did as Jesus had directed them, and they prepared the Passover. When it was evening, he reclined at table with the twelve. And as they were eating, he said, ‘Truly, I say to you, one of you will betray me.’” (Matthew 26:19-21)



Lamb isn't a food often found on a list like this.

However, lamb does have some incredible benefits for health.

First, it's protein and fat content are both rich. A leg of lamb can give you a hearty 25 grams of protein with an additional 17 grams of fat. **Like fish, lamb is a quality protein source, containing all of the essential amino acids you need to build muscle.**

Lamb is also rich in nutrients such as vitamin B12, Selenium, Zinc, Niacin, Phosphorus and Iron.

These are important nutrients for brain and mood health, hormone growth, and protection against heart disease.

On the night of Jesus' betrayal and arrest he ate a Passover meal with his disciples. The main dish in the Passover meal was lamb.

It was a reminder that God delivered Israel from bondage in Egypt.

It was also a foretelling of Jesus, the Lamb of God...

Jesus's blood, like the blood of the lamb in the first Passover (Exodus 12), was shed to satisfy the wrath of God on behalf of believers.

Through faith in Christ, instead of being eternally punished for our sins, God passes over us (hence Passover). Our sins have been washed away in Jesus Christ, which was God's eternal plan to save sinners (John 3:16) like you and me.

The next time you eat lamb, remember the Lamb of God who was slain to take away the sins of the world.

Raw Honey

"Now John was clothed with camel's hair and wore a leather belt around his waist and ate locusts and wild honey." (Mark 1:6)

I'm not going to recommend the locusts unless you're in a dyer situation, so we'll stick with the honey. Raw honey that it. *Not the refined sugar kind...*

When Jesus' cousin, John the Baptist is introduced in Mark's gospel, he is mentioned eating honey. It's safe to conclude that Jesus ate honey as well.

Research studies have drawn a correlation between honey and weight loss. **Replacing sugar with honey can keep you from packing on those unwanted pounds. Honey also activates hormones that suppress appetite.**



Also, if you need an energy boost, natural honey is an obvious choice.

Raw honey is an easily absorbed form of sugar, so it'll hit your blood quickly when you need a quick pre- or post-workout meal.

Raw honey is also an immune system enhancer. Studies have shown that a daily dose of raw honey raises levels of healthy antioxidants in the body, keeping free radicals from causing disease. Consider it a sweet

treat for your health!

The next time you reach for a spoonful of honey, or decide to drizzle some on a fast digesting post-workout snack, remember this Scripture about John the Baptist.

He was a prophet, preparing the way for Jesus Christ, the Messiah, the Savior of the world.

Just like John prepared the way for Christ's ministry, so also Christians are called to prepare the way for Christ's second coming by spreading the gospel, calling our friends, family members, and co-workers to trust in Jesus as the Lord and Savior of their lives.

One day Jesus will come back to earth and make all things new. Like the honeycomb eating prophet before, let's proclaim Christ's kingdom and prepare for his return!

Whole Wheat Bread

“Now as they were eating, Jesus took bread, and after blessing it broke it and gave it to the disciples, and said, ‘Take, eat; this is my body.’”

(Matthew 26:26)

Yes, bread is on this list!

Bread has gotten a reputation for being a proponent of weight gain.

But I want you to keep in mind that bread is just like any other food. You will only gain weight if you eat more calories than you're burning in any given week. Bread isn't the cause of weight gain. Eating excess amounts

of calories is.

Bread has some solid health benefits that are worth discussing.

First, the carbohydrates from bread are good for your mental health. Carbs increase your brain's levels of serotonin, which boosts mood and also curbs cravings for sweets.

Also, bread is high in dietary fiber, which is a major proponent of weight loss. Fiber expands in your stomach, filling it up without filling it up with more food.



Naturally this will help you reach your weight loss goals, or at least to maintain a healthy weight.

Also, **whole wheat bread digests slower than simple carbs, keeping you fuller for longer.** And a final benefit of fiber found in whole wheat

bread is that it keeps you regular, meaning you'll use the bathroom more consistently and keep your stomach healthy.

Jesus often referred to his body as bread. In John 6:35, Jesus says, *"I am the bread of life; whoever comes to me shall not hunger..."*

He is the only One who can satisfy our spiritual needs and give us eternal life. His body was broken for us when he was crucified. Jesus was broken in order to make sinners whole through faith in him.

Jesus commanded that any time we eat bread we should be remember him (Luke 22:19). So that's what I'm asking of you to do as well. When you eat a sandwich, or a piece of bread, remember Christ's body, broken for sinners like you and me.

Thank him for being the Satisfier of our every need.

Extra Virgin Olive Oil

"You shall command the people of Israel that they bring to you pure beaten olive oil for the light, that a lamp may regularly be set up to burn."
(Exodus 27:20)

I'm not going to give you the rundown of how to beat olives to make oil for lamps. That's not my specialty...

But I will tell you that olive oil has incredible health benefits.

Olive oil is rich in healthy monounsaturated fats, which is extremely healthy. It's believed to reduce inflammation as well as defend against cancer. It's also rich in antioxidants which help fight off serious diseases.

As an anti-inflammatory, olive oil can have similar effects on your body as that of ibuprofen.

Research suggests that 50ml of extra virgin olive oil is as effective as 10% of an ibuprofen. If you have a steady pattern of olive oil consumption you could be looking at less aches and pains in the near future.



Olive oil was often used to soak in the bread at the Passover meal.

But it was also used for something else. After the great exodus of the Israelites out of the land of Egypt, God set in place specific ordinances to help Israel remember this event.

One of these ordinances was a lamp lighting ceremony in which the Israelites would use olive oil to light these lamps.

In John 7, Jesus, while celebrating this ceremony, says, *“I am the light of the world. Whoever follows me will not walk in darkness, but will have the light of life.”*

Jesus is the light of salvation for believers. We feel the warmth of Christ’s flame. We walk with his Word as the lamp to our feet. The next time you enjoy olive oil, remember Jesus who, like the olive for the lamps was beaten in order to provide light for men and women.

Grapes

“I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.”

(John 15:5)

Grapes aren’t only delicious, but they’re great for your health. Red grapes, green grapes, purple grapes, they’ll all do the trick.

Similar to olive oil, grapes are full of anti-inflammatories, **which are helpful in fighting against cancer...**

They act to slow down or prevent the growth of tumors. Grapes are also high in potassium, which is an agent of blood pressure regulation.

Because grapes are high in fiber, they’re also a good snack to eat if you’re looking to shed a few pounds. They’re a simple snack that’ll fill you up and keep your digestive system regular.

Much like today, Israel used grapes for both food and wine, to feed weary

travelers and to celebrate a new marriage.

Grapes consist of three main parts, the vine, the branches and the fruit.
Jesus compares himself to a vine...

He is the life of the branches, feeding spiritual nutrients into the lives of those who love him and follow him.

As Jesus fills us with more of himself through the work of the Holy Spirit, we bear fruit. This fruit is growth in Christ-likeness. We become more like him, desiring to glorify God in every aspect of our lives from our marriage to our jobs to our hobbies.

When you eat grapes, remember that Jesus is the true Vine who fills us up with the spiritual nutrients to grow into faithful followers of him. Take time to ask that he would help you live a life of obedience.

Jesus lived, walked, and ate among sinners like you and me. Can you imagine sharing a meal with him? If you have eaten the Bread of life that was broken for you, you can also look forward to one day sharing a meal with him in heaven. If you have never put your faith in Jesus as the Bread of Life, the Lamb of God, the True Vine, I encourage you to taste and see that the Lord is good (Psalm 34:8) by putting your faith in him today. He is sweeter than honey (Psalm 119:103).

I hope you'll enjoy many, proven physical benefits by adding these foods to your weekly eating plan, and even more so that you'll enjoy the spiritual benefits of thinking about Jesus as you do so.