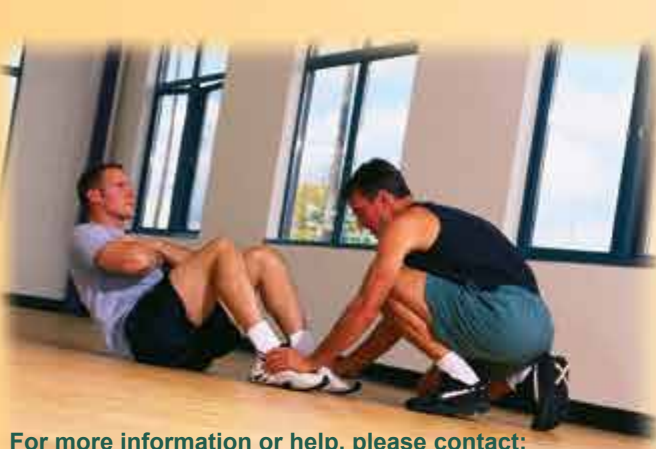




For more information or help, please contact:

To:

*Please send me more details on finding
a personal relationship with God*

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Taste and See

Taste and See

Nowadays we're much more aware of the importance of healthy eating than in the past.

We know that eating too much of certain foods is bad for our health, and that a more natural approach promises a healthier lifestyle.

Though we may be anxious about trying something new, all we have to do is *taste and see*.

And it's a principle that also applies to another even more important area of life...

Natural is best

Public opinion these days has certainly swung in the direction of a more natural diet. In this, as with other aspects of life, there is a Maker who knows best...

The earth is the LORD'S, and everything in it, the world, and all who live in it...

Psalms 24:1

Nowadays it's always better to buy from those we can trust - accredited producers, manufacturers and retailers who can give organic certification.

But a healthy diet is only part of the story. The Lord Jesus Christ says...

Man shall not live on bread alone, but on every word that comes from the mouth of God.

Matthew 4:4



So what does this actually mean?

Danger and Disease

When ingested, chemicals used in the growing of crops can build up in the body and cause degenerative diseases. But there's another form of disease that affects each one of us...



...for all have sinned and fall short of the glory of God.

Romans 3:23

And the symptoms are all around us...

The acts of the sinful nature are obvious: sexual immorality, impurity... hatred... jealousy, fits of rage, selfish ambition... envy; drunkenness...

Galatians 5:19-21

This has far reaching consequences for us all because...

...people are destined to die once, and after that to face judgment...

Hebrews 9:27

Thankfully, God has a 'recipe' to prevent disaster...

Substitution and Sacrifice

There are now excellent organic alternatives to the processed foods we've grown used to over the years. When substituted for our usual diet, they will do us a power of good. Another 'substitution' however, offers even greater long term benefits...

For Christ died for sins once for all, the righteous for the unrighteous, to bring you to God.

1 Peter 3:18

A healthier eating pattern will no doubt involve a degree of sacrifice, especially as we re-educate our taste-buds!

If, however, we would enter into a right relationship with God, we must be prepared to 'sacrifice' those things in our lives that we know to be wrong, in response to the death and resurrection of Christ Jesus...

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness.

1 Peter 2:24



A healthier diet may well lead to a new lease of life. But when we ask Christ Jesus to become our Saviour and Lord, we receive not only forgiveness, but also a completely new beginning...

...if anyone is in Christ, that person is a new creation; the old has gone, the new is here!

2 Corinthians 5:17

This is the only way to a life of true fulfilment. Christ Jesus says...

I am the bread of life. Whoever comes to me will never go hungry...

John 6:35

Sticking with it

Changing our diet for the better is rarely easy and demands real commitment. In the same way, the Lord Jesus calls those who would be His true followers to an even greater level of dedication...

Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will save it.

Luke 9:23 -24

Making the decision

A healthier diet is available to all of us but we must decide whether or not to move in this direction. However a similar but more serious challenge is presented to us in the spiritual sphere...



For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.

John 3:16

...but whoever does not believe stands condemned already because they have not believed in the name of God's one and only Son.

John 3:18

They say that 'the proof of the pudding is in the eating', so why not...

Taste and see that the LORD is good...

Psaln 34:8