



## Nourishment from the Bible

### Feeding the Body and the Soul through God's Word

*In the Bible, God provides not only natural foods to nourish the body but also spiritual sustenance to strengthen the soul. Just as the fruits, grains, and meats of biblical times were pure and life-giving, so too is the Word of God—unprocessed, full of truth, and rich in life-sustaining promises.*

#### Seasonings of Faith (Spiritual Encouragement & Wisdom)

- Coriander (Cilantro) – “And the house of Israel called its name Manna: and it was like coriander seed...” — Exodus 16:31
- Cinnamon – “And thou shalt make it an oil of holy ointment...” — Exodus 30:23
- Dill – “...you give a tenth of your spices—mint, dill and cumin...” — Matthew 23:23



#### Vegetables of Strength (Daily Sustenance)

- Broccoli & Leafy Greens (Life & Renewal) – “...I give you every green plant for food.” — Genesis 1:29
- Cucumbers – “...We remember the fish... the cucumbers, the melons...” — Numbers 11:5
- Olives (Oil of Anointing & Healing) – “And the yoke will be destroyed because of the anointing oil.” — Isaiah 10:27

#### Legumes of Endurance (Provision in Hardship)

- Lentils – “...Then Jacob gave Esau bread and pottage of lentils...” — Genesis 25:34
- Beans – “...Take wheat, barley, beans, lentils, millet, and spelt...” — Ezekiel 4:9



#### Grains of Life (God's Daily Provision)

- Wheat – “...I am the bread of life. Whoever comes to me will never go hungry...” — John 6:35
- Barley – “...five small barley loaves and two small fish...” — John 6:9
- Bread – “Give us this day our daily bread.” — Matthew 6:11

For prayer and more inspiration, visit [www.redeemersternacle.com](http://www.redeemersternacle.com)





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#### Fruits & Nuts of Joy (Blessings & Fruitfulness)

- Pomegranates – “...a land of wheat and barley, vines and fig trees and pomegranates...” — Deuteronomy 8:8
- Grapes – “I am the vine; you are the branches...” — John 15:5
- Figs – “...each of you will sit under your own vine and fig tree...” — Micah 4:4
- Apples – “...refresh me with apples, for I am faint with love.” — Song of Solomon 2:5
- Almonds – “...the rod of Aaron... had budded, and brought forth buds, and bloomed blossoms, and yielded almonds.” — Numbers 17:8



#### Protein of Covenant (Strength for the Journey)

- Fish – “...Jesus took the loaves, gave thanks, and distributed to those who were seated... and likewise the fish.” — John 6:11
- Lamb – “...Behold the Lamb of God, who takes away the sin of the world!” — John 1:29
- Milk & Honey – “...a land flowing with milk and honey.” — Exodus 3:8

#### Living Water (Eternal Refreshment)

- Pure Water – “...whoever drinks the water I give them will never thirst...” — John 4:14
- Wine (Symbol of Joy & Covenant) – “...This cup is the new covenant in my blood...” — Luke 22:20



#### Seven Tips to Nourish Both Body & Soul

1. Eat and live as close to God's natural design as possible.
2. Feed daily on the Word of God (Joshua 1:8).
3. Choose spiritual and physical foods that give life, not death.
4. Pray over your meals and your heart.
5. Surround yourself with godly influences.
6. Share both physical bread and the Bread of Life with others.
7. Keep your body, mind, and spirit in balance (3 John 1:2).

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