

### 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)

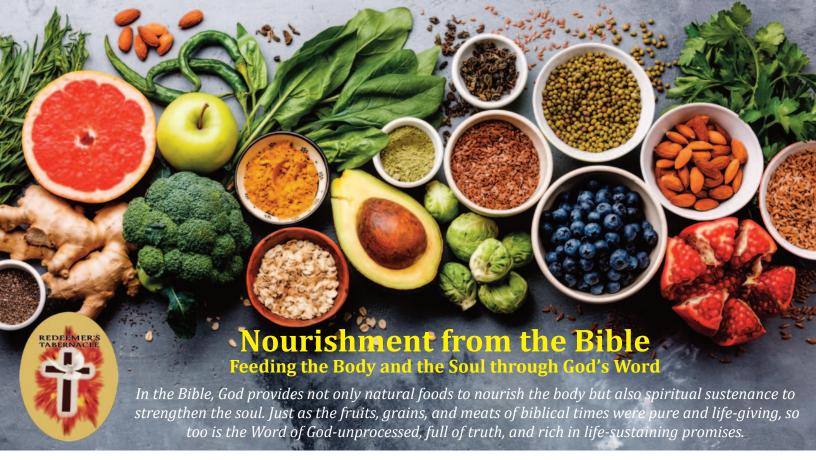
- •Lentils "...Then Jacob gave Esau bread and pottage of lentils..." Genesis 25:34
- •Beans "...Take wheat, barley, beans, lentils, millet, and spelt..." Ezekiel 4:9



#### 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





## 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

## 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. 7. Keep your body, mind, and spirit in balance
- 4. Pray over your meals and your heart.

- **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



- 5. Surround yourself with godly influences.
- 6. Share both physical bread and the Bread of Life with others.
- (3 John 1:2).