Soul Food On My Table

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"Thy words were found, and I did eat them;
and thy word was unto me the joy and rejoicing of mine heart:
for I am called by thy name, O LORD God of hosts."
Jeremiah 15:16

It's amazing how some folks react when you mention the words "soul food" to those people who really enjoy it. They get that longing in their eyes. Their mouths begin watering, and they begin to use wonderful descriptive words to describe the flavor, aroma, and taste of it. They get excited about the mere mention of "soul food". Do we get that way when we hear the mere mention of God's Word, the Bible? It is our soul food and yet how many of us get as excited over that as some people do over cornbread, collard greens, or fried green tomatoes? Do we get a longing in our eyes? Do our mouths water? God's Word is full of flavor, aroma and taste. Our verse says that,

"Thy words were found, and I did eat them;
and thy word was unto me the joy
and rejoicing of mine heart..." Jeremiah. 15:16

Soul food is usually considered to be the most satisfying food there is. God's Word is the most amazing soul food and can satisfy us beyond measure. Think of all of the wonderful things found in the Bible that we can feast upon. There are promises, comfort, direction and instruction, salvation, love, joy, and wisdom. The list could go on and on. The menu is full.

There is only one thing we need to do as we sit down to feast on the Word of God. We have to partake of it. We can have the most wonderful food on our table. The table can be set with the most exquisite tablecloths and napkins. The china can be the most expensive in the world. The crystal can be glowing and the silverware can be shinning. The food can look and smell tantalizing. The table can be beautiful, but if we never eat any of the food it will not fill us up or satisfy. We must eat.

Reading, studying, and memorizing the Word of God is the only way we can taste of it and we must do it daily. If we only ate physically once or twice a month we would starve. We wouldn't have anything to sustain us. The same is true with the Word of God. We must constantly go back for more. Let's take our napkins, open the Book, feast together, and see what morsels we can find inside.

How to really enjoy our Soul Food.

1. **Desire.**
   "As newborn babes, desire the sincere milk of the word, that ye may grow thereby:" 1 Peter 2:2

2. **Memorize.**
   "Thy word have I hid in mine heart, that I might not sin against thee." Psalm 119:11

3. **Meditate.**
   "This book of the law shall not depart out of thy mouth; but thou shalt meditate therein day and night, that thou mayest observe to do according to all that is written therein: for then thou shalt make thy way prosperous, and then thou shalt have good success." Joshua 1:8

4. **Study.**
   "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." 2 Timothy 2:15

So, have you had some Soul Food today?

Scripture References are from the King James Version.
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