

Always Bless Your Food

1 Timothy 4: 4,5: ... and nothing to be refused, if it be received with thanksgiving: For it is sanctified by the word of God and prayer.

Soon after I was born again, I went on a missionary trip, and for several days, I was back in the jungles eating food that I didn't even know what it was. This was when I realized that I've got to take praying over my food seriously; it has to become more than just a religious habit. I learned to release my faith to believe God that what I'm about to eat is sanctified, in Jesus' Name.

Be led by your spirit on what you should eat and not eat. If you know you're not supposed to eat certain things, then don't do it, but always pray over your food, whatever it is. It doesn't take an elaborate, fancy prayer. It takes a simple, heartfelt prayer, in Jesus' Name. Tell God you're thankful for the food you have. Let Him know you believe it came from Him, that you appreciate it, and release your faith in your prayer that you believe your food is sanctified for the nourishment of your body.

Smith Wigglesworth was known for saying that once his food was prayed for, he never made any negative comments about it. He believed God sanctified it, and you should never say anything contrary to your prayer. So, we're admonished to pray over our food, and believe it's sanctified, in Jesus' Name. Just make your own prayer and have it come from your heart.

Pray a prayer like this:

God, I thank You for this food, and I thank You it's sanctified for the nourishment of my body, in Jesus' Name.

God bless, your Word of faith pastor,

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