



Giving Thanks Before You Eat



1 Corinthians 10:31 (NIV):

31 So whether you eat or drink or whatever you do, do it all for the glory of God.

1 Timothy 4:1-5 (NIV):

4 The Spirit clearly says that in later times some will abandon the faith and follow deceiving spirits and things taught by demons.

2 Such teachings come through hypocritical liars, whose consciences have been seared as with a hot iron.

3 They forbid people to marry and order them to abstain from certain foods, which God created to be received with thanksgiving by those who believe and who know the truth.

4 For everything God created is good, and nothing is to be rejected if it is received with thanksgiving,

5 because it is consecrated by the word of God and prayer.

Matthew 14:19-21(NIV):

19 And he directed the people to sit down on the grass. Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves. Then he gave them to the disciples, and the disciples gave them to the people.

20 They all ate and were satisfied, and the disciples picked up twelve basketfuls of broken pieces that were left over.

21 The number of those who ate was about five thousand men, besides women and children.

There are 39 verses in the Bible, that address, giving thanks to our Lord before we eat!



When I got married in 1984, I was blessed that my Supervisor, Mr. Frank Rovira (RIP).

Got me a job working for him, at the Goodyear Tire and Rubber Company, servicing the tires on Greyhound Buses.

We became very good friends, and we even attended the same Church together.

I believe that the Lord placed “Frank,” in my life, to groom me and teach me about our Lord Jesus Christ.

The months and years would pass, and we always worked together on the same shift, so we always took our breaks at the same time.

I always noticed that “Frank,” would always pray before his meals, or snacks, or dinner.

So one day, I asked “Frank,” why did he always pray before his meals?

Frank, told me about a Missionary, who had visited our Church, and gave the following account of why we should pray and give thanks before we eat our meals, and that based on this account, Frank started to pray before his meals, and I also began to pray before my snacks, meals since the day that Frank Rovira (RIP), told me about the Missionary's account!



“ the missionary, who's name I don't know, said that there was a construction worker working at a Huge construction project, and that at lunch time, all of his co-workers, everyone one of them, would sit on one bench, and he sat alone on another bench.



Moreover, his fellow co-workers would mock him, as he prayed before his meal.

This practice occurred many times over a prolonged period of time, day after day, while at work, and while on their lunch breaks.

Then one day, as everyone sat for lunch, again the missionary, ate by himself, and as he was praying for his meal, as his co-workers once again began to mock him once again.



This day, as he was praying, a stray dog had entered the job site, and had grabbed his lunch bag, unbeknown to him, because the missionary was giving thanks to our lord, before getting ready to eat his meal



When he opened his eyes from praying, he observed the dog, running throughout the yard with his lunch bag, and the dog would lead this missionary, to the area where his co-workers were sitting as they were mocking him and at this point, his co-workers were in tears from laughing so hard, from mocking him and our lord without ceasing!

The dog after parading the Missionary before his mockers, would run out of the job site, with the missionary running after the dog to get back his lunch bag, while his mockers wept at the scene that had unfolded before them!



It was during the time that the Missionary and the dog, were completely outside of the job site, that an earthquake took place, and the ONLY Person to survive that earthquake was the Missionary whom God used a dog, to save his life!



Friends, sometimes God will use means beyond our beliefs to come and save us from what's to come.

Since the day that Frank, told me of this story, till this day, I have attempted to pray and give thanks to our lord, every time Ive eaten a snack, or food, drink, till this day!

In honor of one of my spiritual father's in Christ, Mr. Frank Rovira.



Friends, Please remember that You can't buy your way into Heaven or out of Hell.

Rev. Jesus Del Rio, Ed

