

THE MESSIAH'S TABLE

Episode 1 — Sprouted Grains and the Staff of Life

Marcus

Welcome to The Messiah's Table on Grace Notes Ministries. I'm Marcus.

Jordan

And I'm Jordan. Today we're looking at the very staff of life: bread. We're asking why modern processed bread leaves people sluggish and sick, while biblical bread was a source of strength.

Marcus

Yes, Jordan. Under the KJV Bible, grains like wheat, barley, millet, and spelt were sprouted and baked whole. In Ezekiel chapter four, verse nine, God says: "Take thou also unto thee wheat, and barley, and beans, and lentiles, and millet, and fitches, and put them in one vessel, and make thee bread thereof."

Jordan

We have John on the line from Ohio. John, welcome to the show.

John

Hey brothers. I've been told by my doctor to avoid bread because of gluten and carbs. But the Bible calls bread the staff of life. How do I reconcile this?

Jordan

Great question, John. The white bread on grocery shelves today is chemically bleached, refined, and stripped of its bran and germ, then loaded with preservatives. It spikes blood sugar and causes gut inflammation.

Marcus

Indeed. But sprouted bread, like Ezekiel 4:9 bread, uses living, sprouted grains. Sprouting neutralizes phytic acid, making it highly digestible and unlocking proteins and vitamins. John, you can buy Ezekiel 4:9 bread in the frozen section at Walmart for around seven dollars and fifty-three cents. It's clean, whole, and keeps the temple strong.

John

Sprouted bread! I'll look for it. Thank you, brothers.

Jordan

Thank you, John. Remember, Jesus multiplied barley loaves and called Himself the Bread of Life. Choose the whole, sprouted grain.

Marcus

Trust the Creator's design. Until next time, God bless you.

