

THE MESSIAH'S TABLE

Episode 3 — The Oil of Gethsemane (Clean Fats)

Marcus

This is The Messiah's Table. I'm Marcus.

Jordan

And I'm Jordan. Today we're looking at fats. Specifically, cold-pressed olive oil versus modern vegetable and seed oils. We have Sarah on the line. Sarah, welcome.

Sarah

Hi guys. I cook with canola and soybean oil because they're cheap. But I keep hearing they are bad for me. What does the Bible say?

Marcus

Sarah, the Bible praises olive oil as a symbol of health, anointing, and blessing. Deuteronomy chapter eight, verse eight describes the promised land as: "a land of oil olive, and honey."

Jordan

Yes. Cold-pressed extra virgin olive oil is extracted mechanically, preserving healthy fats and antioxidants that fight inflammation. Soybean, canola, and corn oils are industrial seed oils extracted using chemical solvents and high heat, making them highly inflammatory.

Marcus

You can find extra virgin olive oil at Walmart for six dollars and twelve cents. It's clean fuel for your body. Remember, Gethsemane means "oil press." Olive oil represents the Holy Spirit. Use it to keep the temple light burning.

Sarah

That makes so much sense. I'll switch to olive oil. Thank you, brothers.

Jordan

Thank you, Sarah. Stand fast in the clean way.