

THE MESSIAH'S TABLE

Episode 5 — Raw Honeycomb (Sweetness & Wisdom)

Marcus

You're tuned into The Messiah's Table. I'm Marcus.

Jordan

And I'm Jordan. Today we're tackling sweetness. Specifically, raw honey versus processed sugar. We have Rachel on the line. Rachel, go ahead.

Rachel

Hi brothers. I have a sweet tooth, but processed sugar makes me crash. Is raw honey a safe alternative, or is it just as bad?

Marcus

Rachel, the Bible commends honey. Proverbs chapter twenty-four, verse thirteen says: "My son, eat thou honey, because it is good; and the honeycomb, which is sweet to thy taste."

Jordan

Processed white sugar is stripped of all nutrients and feeds inflammation and metabolic disease. Raw honey, however, is a living food. It contains active enzymes, antioxidants, and trace minerals.

Marcus

Isaiah prophesied that the Messiah would eat butter and honey to choose the good and refuse the evil. Walmart has raw organic honey for about four dollars and forty-eight cents. It satisfies the sweet tooth while supporting the temple.

Rachel

That's wonderful to hear. I'll replace my sugar with raw honey. Thank you!

Jordan

Enjoy God's natural sweetness, Rachel.
