

THE MESSIAH'S TABLE

Episode 6 — Simple Foods of the Savior (Water & Eggs)

Marcus

Welcome to our final segment of The Messiah's Table. I'm Marcus, with Jordan.

Jordan

We're wrapping up with the simplest staples: pure water and eggs. We have Peter on the line. Peter, welcome.

Peter

Hey brothers. I want to keep my diet simple and cheap, but still healthy. What are the core essentials?

Marcus

Peter, the Bible shows Jesus ate simple, whole foods: broiled fish, honeycomb, bread, and eggs. Luke chapter eleven, verse twelve asks: "Or if he shall ask an egg, will he offer him a scorpion?"

Jordan

Eggs are a perfect source of protein, healthy fats, and choline. And pure water is the ultimate cleanser. Avoid sugary sodas and energy drinks, which are counterfeits.

Marcus

You can get a carton of large eggs at Walmart for two dollars and twenty-eight cents, and a twenty-four pack of spring water for three dollars and ninety-six cents. Simple, clean, and affordable. One Corinthians chapter ten, verse thirty-one says: "Whether therefore ye eat, or drink, or whatsoever ye do, do all to the glory of God."

Peter

That is so simple and practical. I can start today. Thank you, brothers!

Jordan

Praise God, Peter. Walk in health and grace.
