

Look Closer: Food and Water

I Kings 17:1-7: Elijah Is Fed by Ravens

Compare the characteristics of food and water. Take a closer look at what food and water picture in our spiritual lives and the causes of spiritual “droughts.” Send each student home with some spiritual food—a variety of mealtime blessings.

Supplies Needed for Each Student

- copy of the “Look Closer: Food and Water” page (see attached sheet)
- copy of the “Mealtime Blessings” page (see attached sheet)

Directions

Distribute “Food and Water” and “Mealtime Blessings” pages to students. Read together and follow discussion guidelines.

Discussion

1. How long can a person live without food?
2. How long can a person survive without any water?
3. Which does the body use up faster—food or water?
4. Is food or water more fun to eat or drink?
5. Food pictures love or goodness. Why do you think lack of food pictures a lack of love or goodness?
6. Water pictures truth or wisdom. Why do you think lack of water pictures a lack of wisdom or truth?
7. How might our choices cause a lack of “water” and “food” in our spiritual lives?
8. When He was on earth, the Lord instituted the sacred act of eating bread and drinking wine—the Holy Supper—so that we may be most closely joined to Him. This act symbolizes taking the Lord’s truth and goodness into our lives. The daily eating of food and drinking may also help us remember the Lord’s blessings of goodness and truth. Reciting or saying a blessing before a meal is one way for us to remember this. On the following page you will find a variety of blessings to use before meals.



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Drought

Elijah's first recorded act as a prophet was to tell King Ahab that there would be no rain or dew in the land of Israel. Three and a half years of drought followed this prophecy, resulting in a famine. The drought and famine were brought about because of Ahab's evil ways—following the false gods of Baal.

Qualities and Characteristics of Food and Water

It is the qualities and characteristics of something that causes it to picture a spiritual idea. Let's look at the qualities and characteristics of food and water that give them their spiritual meaning.

Food ...	Water...
Satisfies hunger	Satisfies thirst
Is a solid	Is a liquid
Cannot be seen through	Is clear
You eat it	You drink it
Has an odor	Has no odor
Provides our bodies with energy	Enables the chemical reactions in our bodies
Has many nutrients	Contains only trace elements
Takes time to chew	Is swallowed easily
Is digested and helps build body tissues	Makes up 60-70% of our body weight

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Mealtime Blessings

Oh, give thanks unto the Lord, for He is good! For His mercy is forever. Amen. Psalm 107:1	This is the day which the Lord has made; we will rejoice and be glad in it. Amen. Psalm 118:24
The Lord is good to all, and His tender mercies are over all His works. Amen. Psalm 145:9	Oh, taste and see that the Lord is good; blessed is the man who trusts in Him! Amen. Psalm 34:8
Bless the Lord, O my soul; and all that is within me, bless His holy name! Bless the Lord, O my soul, and forget not all His benefits. Amen. Psalm 103:1-2	The eyes of all look upon You, and You give them their food in due season. You open Your hand and satisfy the desire of every living thing. Amen. Psalm 145:15-16
Bless, O Lord, this food provided by Your bounty, and give us thankful hearts. Traditional	Our Father, Who art in the heavens, give us this day our daily bread. Amen. Matthew 6:9,11
O Lord, save Your people, and bless Your inheritance; and feed them, and lift them up forever. Amen. Psalm 28:9	Behold I stand at the door and knock. If anyone hears My voice and opens the door, I will come in to him and dine with him, and he with Me. Amen. Revelation 3:20
The earth is the Lord's and all its fullness, the world and those who dwell therein. Amen. Psalm 24	Know that the Lord, He is God; It is He who has made us, and not we ourselves; we are His people and the sheep of His pasture. Amen. Psalm 100
Great are Your tender mercies, O Lord; revive me according to Your judgments. Amen. Psalm 119	The Lord has done great things for us, and we are glad. Amen. Psalm 126