

## BUFFET

A Lord's Flock General Assembly Topic

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Buffet is a self-serve meal that offers a lot of options, encourages a person to "eat all with no leftovers" and allows one to choose food that is appealing based on one's preference, and standard. Buffet meal is likened to the Word of God, spiritual food, and by that an individual is given freedom of choice to eat what s/he want(s); however, it entails a sense of responsibility to discern and to grow in faith in God.

### What do we do to the Buffet offered by God?

1. As we consume and digest the Word of God, we should remember to choose the best. We must give importance to its cost and value. The special relationship given to us is a gift that we must nurture to seek and save the lost. Through faith, we can understand that everything was created through God's word (Heb. 11:3).

2. We need to pay attention to the Word of God, obey, claim God's promises and consequently receive blessings (Deut. 28:1-6). We should fix our eyes on the Word of God. (Mt. 13). Also, all these blessings will come upon us if we obey the Lord our God. We will be blessed in the city and blessed in the country (Deut. 28:1-6).

3. We should not allow fear, negativity or temptation steer us away from God, but rather keep Him in our heart (Prov 4:20-21). Let us obey the Word of God to be blessed, so that these blessings will come upon us. Always claim God's promises: "Do not doubt, be firm, stick to the Word of God and claim the Good News of his promises" (Mk. 11:21-23).

4. We apply the Word of God as medicine to our body, health to our life and light to our path (Ps. 119:105). Let the Word of God direct and guide us in

any decision we make. Jesus instructs us to call on Him when we feel sick, claim and believe in his healing power for He is our Savior and Redeemer (Ex. 15:36; Jas. 5:14; Jer.17:14; Ps. 107:20; and Is. 54:5).

5. We should use the Word of God to give us wisdom in making the right choices and resisting temptations. I will instruct and teach you in the way you should go, give you counsel and watch over you" (Ps. 32:8).

"All scripture is inspired by God and is useful for teaching, refutation, for correction and for training in righteousness" (2 Tm. 3: 16).

6. We utilize the Word of God as a powerful weapon to resist temptation. The weapons we fight are not the weapons+ of the world; they have enormous power capable of destroying fortresses (2 Cor. 10:4). Thus, we must pray and believe in the divine power against the evil ones. For He will command His angels to guard us in all our ways (Ps. 91:11).

7. We can stay calm and sing praises to God when trials come our way (Ps.119:54). God's Word is our comfort in affliction; His promise gives us life (Ps. 119: 50). Hence, let us claim God's promises.

### Conclusion

Remember, God has a wonderful plan that is designed, created and adapted for us. The Word of God allows us to discern, so we can accept the gifts and nourishment and eventually grow in faith in God.

### Reflection:

1. Do you cater to the Buffet of God (God's word as nourishment)? In what way(s) do you do this?
2. How valuable are God's words to you? Do you use these to overcome adversities in life?

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**Tags: # Temptation, Word of God, Spiritual Gifts**