

## COMFORT FOOD – 3-11-2024

### **By definition:**

**“comfort foods** (plural noun)

*1. food that provides consolation or a feeling of well-being, typically any with a high sugar or other carbohydrate content and associated with childhood or home cooking.”*

It seems that many of us have our favorite “Comfort Foods” that we either grew up with or have discovered from others along the way. Some are best either in the colder weather or warmer summer weather, or at any time. A couple of mine are Meat Loaf with a baked potato and baked beans, Lasagna, and of course Chocolate is always at the top of the list. There are even numerous Cookbooks with recipe’s just for “Comfort Foods” alone. All of them meet with the definition above and most (?) are even good for the body. But what about “Comfort Foods” for our Soul?

As we approach Easter in a few short weeks, let us consider the definition of: “providing consolation or a feeling of well-being”, there is one book that goes directly to our soul and our inner self. That, of course, is the Holy Bible, especially the New Testament. From those words inspired by God, they give us hope, comfort, and eternal inner wellbeing. In addition, there are many books written from those words that can help us in tough times, times of calamity, personal illness and illness of friends and relatives, death of a loved one, or just the challenges we face every day. There are words of comfort and reflection in those times when we feel our faith in God is the weakest. Because of our sinful human nature, we have times of doubt, not just in ourselves, but also in God. For all of us, our faith is like a roller coaster, sometimes strong and sometimes weak, and fluctuates from day to day, even hour by hour. As a subjective, felt experience, it’s on again, off again. Hot and cold, strong and weak, sturdy and frail. From the book: “Christ and Calamity”, by Harold L. Senkbeil, I would like to offer the following for your thoughts and consideration:

BUT faith does not hinge on our feelings. It is rooted firmly in the promises of God. When “*we are faithless, He remains faithful – for He cannot deny Himself*” (2 Timothy 2:13).

When calamity strikes, you can count on God – not because you feel close to Him, but because He remains close to you, in His word, for Jesus’ sake. In the midst of the uncertainties of your life you needn’t wonder about his feelings or attitude toward you. Though your faith might fluctuate, His promises never waiver: “*all the promises of God find their Yes*” in Christ Jesus (2 Corinthians 1:20).

In life’s tight spots, focus not on your faith, but on God’s faithfulness. Look not at your promises to Him, but His loving promises to you in His Son. Rest assured; those promises include your name.

Then, freed from the continual teeter-totter of faith’s emotional roller coaster, you can confidently utter your hearty “Amen” to God’s eternal glory. So, when calamity strikes, remember: “*Before they call I will answer; while they are speaking I will hear.*” (Isaiah 65:24) God isn’t just there for you when your faith in Him is strong, it is always there, weak or strong, waiting for your call to Him. Even more so than the Coast Guard, He is “*SEMPER PARATUS*” and ALWAYS READY for YOUR call; to grant you comfort, hope, and eternal wellbeing, by His Mercy and Grace, for your soul. He might not take that “Calamity” away, but He will be with you and see you through it, always at your side.

### In Prayer:

*Hear my cry, O God, listen to my prayer; from the end of the earth, I call You when my heart is faint. Lead me to the rock that is higher than I, for You have been my refuge, a strong tower against my enemy. Lord, You know the deep places through which our lives must go: Help us, when we enter them, to lift our hearts to You; help us to be patient when we are afflicted, to be humble when we are in distress; and grant that the hope of Your mercy may never fail us, and the consciousness of Your loving kindness may never be clouded or hidden from our eyes, and grant to us Your “Comfort Food” for our body and soul; through Jesus Christ, your Son, our Lord. Amen.*