



“Man shall not live by bread alone, but by every word that proceeds from the mouth of God.” (Matt. 4:4)

God created man hungry

- “Of every tree of the garden you may freely eat...”
(Gen. 2:16)
- Eating was the only life-sustaining activity we were required to do



Why did God create us hungry?

- LOVE
- It was an opportunity for a dialog between God and man



Root of sin is...

- NOT that man ate, but rather that man ate from the hand of Satan
- The Result – expulsion from Eden
 - Not out of punishment, but love
- Man needed healing



Healing

- Correct our understanding of food
 - Live to eat? Or eat to live?
- Israelites in the wilderness
 - “For you have brought us out into this wilderness to kill this whole assembly with hunger.” (Exo 16:3)
 - “So He humbled you, **allowed you to hunger**, and fed you with manna which you did not know nor did your fathers know, **that He might make you know that man shall not live by bread alone; but man lives by every word that proceeds from the mouth of the Lord.**” (Deut. 8:3)
- Moses

Healing

- The Lord Jesus fasted before beginning His ministry
- “I have learned in whatever state I am, to be content...Everywhere and in all things I have learned both to be full and to be hungry, both to abound and to suffer need.” (Phil. 4:11-12)
- Feeding the multitudes
 - Why does St. John mention this in his gospel?
 - Because it was food taken from the hand of God

Healing

- Then the Lord Christ took Bread
 - “Jesus took bread, blessed and broke it, and gave it to them and said, Take, eat; this is My body. Then He took the cup, and when He had given thanks He gave it to them, and they all drank from it. And He said to them, This is My blood of the new covenant, which is shed for many.” (Mark 14:22-24)
 - “For My flesh is food indeed, and My blood is drink indeed.” (John 6:55)
 - A joyous occasion



What is Fasting?

- A change in our philosophy regarding food and life
- Fasting helps us discipline our desires
- Fasting encourages us to dedicate more time for communing with God

Conclusion

“We were expelled from earthly paradise because we did not fast, therefore, we have to fast to return to the heavenly paradise.” (St. Basil the Great)

Who's hand are we eating from?