

True Food: Why Do We Have to Eat?

Before hunger became hardship, food was already a gift. We begin in Eden to ask what our need to eat reveals about life with God.

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A question at every table

You can finish a good meal and still need another one tomorrow. Our bodies receive life through things we cannot supply from ourselves. The opening True Food teaching asks us to notice that familiar need, then return to the beginning of Scripture. What if dependence is not a defect to escape, but part of the way God made us?

Food begins as a gift

Genesis does not introduce food as a punishment. God gives seed-bearing plants and fruit for food in Genesis 1:29. In Genesis 2:7, the human being is formed from dust and receives the breath of life. The garden then offers trees that are pleasing to the eye and good for food. We receive before we achieve. In this teaching, we follow that order: creation, life, provision, and responsibility.

Receiving and taking

The garden also contains a boundary. Genesis 2:16-17 holds generous permission alongside one prohibition. Food becomes part of a question about trust: will human beings receive God's gift within His word, or take what He has withheld? Genesis 3 tells the painful story of taking, hiding, judgment, and exile. We want to read that movement carefully rather than jump past it.

Bread and the tree of life

After the rebellion, ordinary eating continues. Yet Genesis 3:19 connects the struggle for bread with the return to dust, and Genesis 3:22-24 describes the loss of access to the tree of life. The teaching draws out an important distinction: food can sustain mortal life without defeating death. The question grows larger than our next meal. How will God restore humanity to life?

Follow the question toward Jesus

The biblical food story continues beyond Eden. Deuteronomy 8:3 recalls hunger and manna, teaching Israel to depend on God's word. John 6:35 brings us to Jesus, who identifies Himself as the bread of life. We begin with Genesis so that these later passages can deepen a story we have actually followed. Our next True Food teaching turns to manna in the wilderness.

Read with us

Start with Genesis 1:11-12 and 1:26-31. Then read Genesis 2:7-17 and all of Genesis 3. Notice what God gives, what He commands, what humanity takes, and what is lost. Continue with Deuteronomy 8:3 and John 6:35. At your next meal, pause over this question: what does receiving a daily gift teach us about trusting the Giver?

Source notes

This article accompanies Modern Mind, Ancient Book's released teaching, True Food: Why Do We Have to Eat? Scripture references: Genesis 1:11-12, 26-31; 2:7-17; 3:1-24; Deuteronomy 8:3; John 6:35. Explanations are MMAB summaries of the teaching and passages, not direct Scripture quotations. Public Scripture text used for checking: Berean Standard Bible (BSB), third printing, dedicated to the public domain. berean.bible.

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