

Do you know where your food comes from? Do you know all the steps involved from start to finish to get a certain product to the shelves? If you researched it, you might be surprised. Some of the stories are reaching mainstream media. Some people who do the research decide to become vegetarians. Some people, appalled at the chemicals, hormones, pesticides, etc., will only eat organic foods. Organic foods are those that are derived from other living organism with nothing artificial introduced in the whole process. I think we would all agree that when you eat healthy, you will be more healthy. I think we can also agree that it's important to pay attention where your food comes from.

Did you know your soul also needs food? And just as you can starve your body, you can also starve your soul. Just as you can feed your body junk that can hurt it, so also you can feed your soul food that is junk and ultimately hurts it. Just as you need to know where the food from your body comes from, so also you need to know where the food for your soul comes from.

So the title is today's message is "Only Eat Organic!" But I mean this in the spiritual sense. Again, organic means things derived from living organisms. What does it mean to eat organic when it comes to your soul? Listen carefully as we explore that important question today. The answer is the difference between spiritual life and death... being spiritually healthy or dangerously sick.

We are still looking at John chapter 6... this is the third week in a row that we are doing so. Perhaps you remember the context. Jesus recently fed more than 5000 people with just 5 loaves and 2 fish. The people ate and were satisfied... and there were 12 basketfuls of leftovers as well. The amazed crowd continued to follow Jesus. They wanted to make him their bread king. Some demanded more miracles of Jesus to prove who he was... as if feeding 5000 weren't enough evidence.

And with that background, we continue the reading, this time in John 6:41-51

**At this the Jews began to grumble about him because he said, "I am the bread that came down from heaven."**

Again, we're picking this up in the middle of a dialogue. Jesus is struggling to make clear a truth that they refuse to see. Jesus is the true bread of life that came down from heaven. Jesus gives eternal life to all who believe in him. Whoever consumes Jesus has life. They are struggling to get this. Especially when Jesus claims to have come down from heaven, they get hung up on that.

**They said, "Is this not Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I came down from heaven'?"**

Why did they struggle to believe in Jesus? Because they stopped looking at him, his miracles and his teachings and instead they began to listen to their own reason. "We know his family, so he could not have come down from heaven!"

But are we any different? We know who Jesus is. We know his holy and perfect life. We know his death on the cross. We know his resurrection. But can't you remember a time in your life when you struggled to believe this? When your faith struggled the most, wasn't it during at time when you listened to your reason the most, and took your eyes off Jesus?

When problems multiply in our lives, we sometimes take our eyes off Jesus and focus on them. We fill with doubt as we wonder why we have the problems, and when we see no possible

solution for solving these problems. God didn't meet our expectations so we grumble about him, just like the crowd did.

Or maybe we watch an hour-long special on the Discovery channel about dinosaurs or ancient earth geology. We take our eyes off Jesus as we listen to their conjecture about the ancient past presented in a such a reasonable way that just seems to make sense. And we begin to grumble about him. "How can the Bible be true when we see plainly where things came from? And God wasn't necessary?" (By the way, please understand that was presented so "scientifically" and "factually" is in fact opinion based on assumptions and guesses.) In other words, we have this notion of how things should look, or what must be, based on our reason and understandind, and if God doesn't meet our expectation, we grumble.

Or how about this: Jesus comes to give eternal life. He tells us that heaven is our true home, and that we are but strangers here. But we're experiencing success in this world. We have a comfortable home with convenient appliances. We entertain and occupy ourselves continuously. And so we grumble about Jesus because we prefer to keep our sights set on the here and now (the bird in hand) instead of the hereafter (the bird in the bush.) He doesn't meet our expectation, so we grumble.

Now listen, here's the problem. In all of these instances (and we could think of more) we are eating what the world offers. We crave what the world is feeding us. We have certain expectations of God and of his Son Jesus Christ, and when our expectations are not met, we grumble. We are attempting to feed our soul with junk food. We are attempting to satisfy a deep down craving for a connection to God, by filling up on stuff that is toxic, empty, artificial, and dying. We feed our soul with what the world offers, which is the equivalent of a giant Twinkies enhanced with MSG, and colored with yellow dye #5 and red dye #40, injected with growth hormone, filled with artificial preservatives and artificial flavor and chemical additives. And the world convinces us that this what we should expect. This is what we should have.

This isn't true food for our souls. We poison ourselves with the reason of the world, the things of the world, the attitudes and philosophies of the world, the purposes of the world, the expectations of the world. We grumble against God because we've been stuffing ourselves on junk food for the soul, and then we are somehow surprised when our soul is very unhealthy and we grumble against God as if it's his fault.

God offers food for our souls that is good and wholesome. But we grumble.

And here's what Jesus says:

**"Stop grumbling among yourselves," Jesus answered. "No one can come to me unless the Father who sent me draws him, and I will raise him up at the last day.**

True food for eternal life can only be found in Jesus. And you can only come to Jesus if the Father draws you to him. Today the Father is drawing you to Jesus! And Jesus promises he will raise you up at the last day. Come to Jesus and receive true, organic food for your souls.

**It is written in the Prophets: 'They will all be taught by God.' Everyone who listens to the Father and learns from him comes to me. No one has seen the Father except the one who is from God; only he has seen the Father. I tell you the truth, he who believes has everlasting life. I am the bread of life. Your forefathers ate the manna in the desert, yet they died. But here is the bread that comes down from heaven, which a man may eat and not die. I am the living bread that came down from heaven. If anyone eats of this bread, he will live forever. This bread is my flesh, which I will give for the life of the world."**

There is only one healthy organic food for your soul, and it is Christ Jesus, the bread of life, the word made flesh, the one who comes from the Father. Eat the bread of life, that is, trust in Jesus and you have eternal life.

Jesus is the only organic food for our souls. What do I mean by that? Again, remember that organic means that which is derived from living organisms. Notice that Jesus says he comes from heaven. He comes from the Father. He is sent from the Father. He is life. He gives life. If we say that God the Father is the Creator and the source of life, we understand that Jesus is “eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, of one being with the Father.” This is what I mean when I say Jesus is organic food for your souls. He is the only one to come from heaven, true God, to live among us. He is the only one that comes from God, and is God and gives the life of God. He is true, organic food for your souls. Eat only organic! Trust only in Jesus for life.

When we lived in Russia, there was a small café in a shopping center very near to where our church was located. I would occasionally eat lunch at that café since it was close and convenient, and I could eat a decent hot meal for under \$2. One day after eating there, though, I got horribly sick. I got food poisoning from that café. For three long days, I couldn’t even keep a sip of water in me. I’ve never been so sick in my life. Needless to say, I never went back to that café again.

What was the problem? I never considered where my food came from. It came from a kitchen that wasn’t overly clean. The food served came from various sources, including people’s home gardens and home canning. Quality control was essentially impossible. Salads and other foods were placed out in rows in the cafeteria line unrefrigerated and without sneeze guards. Some of the food I ate could have been sitting out in the open for a couple hours. Hindsight being 20/20, I never should have been eating there. But everyone was doing it, so I just ate what everyone else ate.

Friends, do you do the same with your soul? Do you consume what everyone around you consumes and just assume it’s good and right and nourishing for your soul? Whatever you rely upon is what is feeding your soul. Do you think it would be wise to regularly stop and evaluate: What are you feeding your soul? Are your beliefs and expectations from God, or did they come from the world... or your own reason and understanding? Do you trust in money? In your ability and resourcefulness? In your reason and strength? If so, your food supply is poisoned, and you are very sick.

Instead, today, eat of the true, organic, bread of life that is Christ Jesus. Feed on his truth. Jesus never grumbled. Jesus never misplaced his trust. He relied on the Father. He took upon himself your grumbling, your poor spiritual diet, your false expectations. He went to the cross where he bled and died for your wrongs and your guilt. He gave up his flesh on that cross for the life of the world... for your life. He forgives you fully and unconditionally. His complete payment for you is guaranteed at the empty tomb, for he is truly risen from the dead. Eat this stuff up daily, because this is the bread of eternal life.

The Father is drawing you to Jesus. Stop digging in you heals, and see your Savior and the perfect, life giving food from heaven that he is giving you. Stop eating the junk food the world offers, and eat only organic! Trust in Jesus, and Jesus alone. Amen.