**Recipe for Disaster!**

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**Recipe:** a set of instructions for preparing a particular dish; including a list of ingredients required. Something which is going to lead to a particular outcome.

If people are physically ill, could some of those ills be caused by an improper diet? It is known that man can live approximately 8 to 21 days without food. Consider that in the Word. We are instructed that man should not live by bread alone, but by every Word that proceeds forth from the mouth of God.

**Matthew 4:4** *Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God.* KJV

So, we saw that 8 to 21 days is approximately how long man (the physical side of man’s nature) can live. But how long can it be for the spirt side of man?

If one does have proper food for their diet, can that which is good, then be prepared in a way that it could possibly be detrimental to one’s health?

When one is about to prepare a meal, they often times have a recipe card that gives them the list of ingredients that are essential for properly preparing it. Sometimes this can be on a recipe card, or often times from memory.

However, there are a few things that people never take into consideration. No two meals are ever the same. Whether it is meat, one must be mindful that no two cows or pigs are ever the same. So, one must be mindful that the seasoning and cooking time may vary a bit. So, one can begin to understand that even though one has a recipe card, it is not a hard and fast list of instructions, but rather one that gives an outline of what to use for this dish, but that adjustments must be made.

What would happen if you used the same recipe for every piece of meat you cooked? What would happen if you prepared all of your vegetables the same way? We can see that this would not only be a bit detrimental to having the recipe turn out right, but also it could give us a dish that is not pleasing physically. Proper adjustment must be allowed for with each and every recipe, since no two things (plant or animal) are ever the same.

In Mattew chapter six, the disciples inquired of the Lord how they should pray. The Lord replied that they should pray after this manner, or after this fashion.

**Matthew 6:9-13** *After this manner therefore pray ye: Our Father which art in heaven, Hallowed be thy name. 10 Thy kingdom come. Thy will be done in earth, as it is in heaven. 11 Give us this day our daily bread.12 And forgive us our debts, as we forgive our debtors. 13 And lead us not into temptation, but deliver us from evil: For thine is the kingdom, and the power, and the glory, for ever. Amen*. KJV

In other words, the Lord was giving them a recipe for conversing with the Father. We do, or should know and realize that in life, each and every situation is new and different, so there will have to be adjustments made to the recipe. Are you able to see how the Lord was giving them a recipe for how to communicate with God the Father?

He had just counseled them on vain repetitions. What would happen if you used the same recipe for everything you cooked? Just as every detail in a recipe is adjusted for the differences encountered, would it then not also be true for our conversations with God the Father?

Note also in this outline for prayer that is given, that we are to seek our daily bread from the Father as well. Yet, how many people see this as both nourishment for the spirit man as well as the physical man? Most tend to their physical needs in a timely fashion each day, but what nourishment does one give to the spirit man?

Is it not true that our spirit being should be of the highest priority each day? Should it not be the highest thing on our list of things to do each day? How often does your spirit man get the proper amount of nourishment each day?

Today, are you using a recipe for life, or for disaster?

That you may know Him,

In the service of Jesus Christ,

Larry Gazelka

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