

How You Can Change a Life With a Simple Meal

A couple of months back, I took meal to a dear friend who just had a baby. Every time I take a meal to a mom, I get transported back in time when our daughter was born, our first baby.

A number of people brought meal to us during that time. As time has gone by, I have come to realize that those meals not only met our needs and nourished us, it also planted seeds and opened doors. Many of which I became aware of only after it took roots and sprouted for years to follow.

Friendship

It must be God's timing that some of those who brought meal to us were also the new moms. Months after I was back on my feet, they were intentional about inviting me to their play dates, a concept that I was unaccustomed to that time. They called to check up on me regularly. Transitioning through a new phase of motherhood was easier on me because of our shared experiences of sleepless nights. As time went on, we became close friends. They continue to shine as godly examples of Christ.

Matthew 5:16 says, *"In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven."*

Discipleship

I was a new believer at the time our daughter was born. I learned that some of those who brought us meal happen to have strong theological background, equipped with seminary degrees. They took time and walked with me when my faith was very fragile. They were patient with my very basic Bible questions. They disciplined me. They invited me to the Bible study.

Their zeal for Christ is contagious to this day. They continue

to mentor me, encourage me, cheer me and keep me accountable on the faith journey. They are my dear sisters in Christ today.

Service

After going to the church for a while now I understand that acts of service come naturally to a church body. However, I lacked this perspective years ago. Even though we were going to the church regularly, we were not involved in any ministry that time. Being as introvert as I think I am, I didn't really reach out to anyone to make friends. I didn't understand back then why someone would care to take a meal to the family, they have never met before.

Most everyone who brought us a meal back then, we heard their voice for the first time when they called us over the phone on their way and saw their faces when they knocked on our door. Their generosity was perplexing breath of fresh air to me. I am fully assured it planted the seeds of service in me.

So to all of you, who have ever taken a meal or served a family you have never met before, you must know that when you personify love of Christ through your act of service, it leaves the life changing impact far deeper than the taste of casserole you prepared. You may have planted a seed or watered a fertile ground by your simple act of service.

Hebrews 6:10 *"God is not unjust; he will not forget your work and the love you have shown him as you have helped his people and continue to help them."*

Has it occur to you that your simple and faithful meal service out of love for Christ can bring lifelong nourishment to a soul?

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