

Supping — the Purpose of Eating (from a letter to Deshe)

Ecc 10:17 — “Blessed are you, O Lord, whose King is of nobility and whose princes eat at the appropriate time, for strength and not for drunkenness.” So many of us still succumb to the desire to achieve that *full* physical sensation in our stomachs. This isn’t our natural barometer of when we’ve had *enough*, but it is more in the realm of sensuality. If we very deliberately chew our food, then it will take us longer to eat and we will actually gain all of the strength that is in the food we chew. Food is the foundation of strength, but we’re deprived of its power if we just chew our food with a *token* chew or two and then *wolf* it down. Or should we say *dog* it down? Yoneq told us this represents the dog nature, to just chew a little and then gulp it on down, so that we can be about packing more into our stomach.

If you don’t chew slowly, you don’t properly crush your food, especially things like seeds. We eat flax seeds on our cereal in the mornings, but I noticed that they just pass right through your body and out of it without the proper, deliberate chewing that it takes to break them down. I know that most of us don’t bother to chew our bread thoroughly enough to get the seeds. This shouldn’t be, though. It takes more food to sustain us when we gulp the food that we eat. Also, I’ve been realizing that our Father gave us our powerful jaw muscles and strong teeth as *crushers* to break down food. One reason that modern men’s teeth and gums are so unhealthy is because of so much soft and refined foods — so much cooking and so little real food. The teeth don’t get to perform their natural function to the fullest.

But the most important consideration about chewing and eating slower is that it allows you to truly *sup* with your brothers and sisters. If you put away the anxiety of eating fast, you have time and concentration to talk and listen. The song says, “I eat my fill of abundance in your household,” and you know that what sustains us, truly, is the daily bread that comes to us at the table, from our brothers. *Supping* is not merely eating. It is communicating, being nourished and giving nourishment. Dogs and unredeemed people like to concentrate all their attention on eating. They don’t like distractions at this time. But the redeemed aren’t to be enslaved to food like this.

There is so much life in our conversations at the table. The physical food isn’t the focus. We have to see more and more the vital importance of the table. Our spiritual life and momentum has everything to do with the anointing that is upon the table. The oil that flows down to the edge of the robe is dispensed there. This is the penetrating oil that the household heads are responsible to bring. Yoneq asked us one day, “Do you think that it is possible to pass your spirit on to another person?”

Yes, it happens all the time, if we are full of the Holy Spirit. Then we, as heads, can give it forth to others at the table. Sometimes we pass the Bible around and read it wherever it opens, like we used to do before we were so *mature*, remember? If this is done at the proper times and administered with grace, it is an unailing catalyst to teach and speak and strengthen our households.

Yoneq said, “If you want an exciting table, there’s nothing more exciting to the child of God than the Word.”

We believe this. The vitality of the community depends upon the vitality that is brought by the household heads to the households. This is the key. It’s easier to achieve this on a small, intimate scale, but it is also possible on a large scale, like Island Pond, if the heads are full of oil. Unfaithfulness in a head is so damaging. This has to go deep, deep into our hearts. May the Grace of God continue to be with us as we do His will with all of our hearts.