

Soul Food

3 John verse 2 (KJV) - Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth.

Giving honor to God, Jesus the Christ, and the Holy Spirit. Giving honor to the men, women, and children of God. To my fellow brothers and sisters in the Lord Jesus Christ. As we look at today's text in 3 John verse 2, I would like to tag the text with the topic "Soul Food."

Soul food is the ethnic cuisine of African Americans which originated in the American South from the cuisines of enslaved Africans trafficked to the North American colonies through the Atlantic slave trade during the Antebellum period and is closely associated with the traditional meals of the American South. Soul food is basic, down-home cooking with its roots in the rural South. The staples of soul food cooking are beans, greens, cornmeal (used in cooking), corn bread, black-eyed peas, ham hocks, and sweet potato pie. It consists of traditional delicacies such as, fried chicken, barbecue, chitterlings, ham hocks, pig tails, collard greens, and sweet potato pie. Soul food is a trademark of African American culture and serves as a symbol of creating a community and fellowship in times past and in the current time. Today, we have added fried fish, potato salad, fried cornbread, sweet tea, and an array of choice dishes that have been passed down to us from our ancestors. Oh, my goodness, now this is soul food.

As we look at the text, the apostle John is traditionally thought to have written the Book of 3 John. In the book, John refers to himself as "the elder", the same title he used in 2 John. The evangelist is saying "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." In its various tenses, the word "prosper" appears 90 times in scripture. It means to have continued success, to thrive, grow, flourish, and to have wealth and good fortune. Most people want to prosper, but they don't know how. Those who are attentive to a matter will prosper, and happy are those who trust in the Lord. (Proverbs 16:20). Isn't it a blessing to prosper and be in good health even as your soul is prospering? As we work towards prosperity, we must trust in the Lord daily – He is the keeper of our soul!!!

As you prepare for school, work, career, retirement, and life, I came to remind you that though you are prepared with the necessary physical supplies, there is a witness in my spirit that you will need more than a book bag, #2 pencils, ink pens, spiral notebooks, laptops, cell phones, handheld devices, etc. My brothers and sisters, we are going to need the Lord of Lords and the King of Kings in our lives.

We are going to need Jesus, the keeper of our soul. The Lord is thy shade upon thy right hand. The sun shall not smite you by day, nor the moon by night. The Lord shall preserve you from all evil. God will preserve your soul. My brothers and sisters, the Lord shall preserve your going out and your coming in from this time forth, and even for evermore. (Psalm 121:5-8). **SOUL FOOD!!!** Who wouldn't serve a God like that? One who will pick you up when you're down. One who will preserve your soul and bless you in your going out and coming in... **SOUL FOOD!!!**

Friends, a prosperous soul is a renewed mind. Do not be conformed to this world, but be transformed by the **renewing of your mind**, that you may prove what *is* that good and acceptable and perfect will of God. (Romans 12:2) Your soul prospering, which means your mental prosperity, is dependent on renewing your mind with the Word of God. **Study to** shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth. (2 Tim. 2:15) "Just as your soul prospers" refers to the degree that your mind is renewed with the Word of God. Study the Word and grow daily. Your prosperity and health depends on your soul prospering.

Get wisdom in understanding. One who gets wisdom loves their own soul and one who keeps understanding will find good. (Proverbs 19:8) Prayer will change things. You're going to need prayer, so keep gaining knowledge by reading the Word of God daily and spending time in prayer by continuing to develop your prayer life. We all need the divine hand of God in our lives. You're going to need to plead of Blood of Jesus Christ. O' Yes, you're going to need the guidance of the Holy Spirit. Brothers and sisters; you're going to need the prayers of the saints and the Word of God to aid you as you strive to grow and prosper your soul.
Soul Food.

In closing, "**All have sinned** and fall short of the glory of God." (Romans 3:23) The key is to ask God for forgiveness and keep moving forward. Continue to prosper. Jesus has redeemed us from sin. The Lord said, anyone who listens to His message and believes in God who sent Jesus Christ has eternal life, and will never be damned for his sins, but has already passed out of death into life. (John 5:24) See, your body is an earthen vessel, but there is a great treasure on the inside... it's called your soul. Feed it with the Word of God, Prayer, and Daily Devotion to the Lord – this feeds your eternal soul. **That's Soul Food.** 2 Corinthians 4:7 says "but we have this treasure in earthen vessels, that the excellency of the power may be of God, and not of us." The treasure, which will live forever is your soul. The songwriter sang, "O Lord my God, when I in awesome wonder. Consider all

the worlds thy hands have made. I see the stars, I hear the rolling thunder, Thy power throughout the universe displayed. **Refrain:** *Then sings my soul, my Savior God, to thee: How great thou art! How great thou art! Then sings my soul, my Savior God, to thee: How great thou art! How great thou art!*" Now, that's Soul Food!!! To God be the Glory Now and Forever. In Jesus Name. Amen