

“Eating on the Run”

The Rev. Dr. Robert M. Zanicky

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*First Presbyterian Church
Wilkes-Barre, PA
Mark 2:23-28*

Monday was Labor Day. Many of us probably got together with family and friends and grilled some hotdogs, hamburgers, spareribs, and added some corn on the cob, salad, watermelon, cornbread, mashed potatoes, cake, pie, cookies, ice-cream, baked Alaska...(you get the picture.)

Many of us took the time for a sit down dining experience, whether indoors or outdoors – around the dining room table or the picnic table, or multiple card tables, or individual serving tables. And probably enjoyable conversation took place. Summer experiences. Thoughts about the new school year, great joy about going back to work.

Gathered around our table was Shawn, Heather, her friend Shawn, Bob, his wife Amy, Bobby (my grandson) two friends of the family, Augie and Runie (our 2 dogs), oh, and I was there too. Victoria called from the Keys in Florida.

Great conversation – although it did degenerate a bit when a comparison was made between Ballet and Irish Line Dancing, I won't go into detail. And I worked on changing the subject.

But, when it comes to how most families experience dinner now a days, it's more eating on the run – is it not? So we need to be sure to pack a lot into the time we have with our families on a daily basis. We need to be sure we make some time – even if it's “on the run.” Make it quality! It may not be an hour, but make the 20 minutes – 15? – count!!

This will be no surprise to you, but 80% of American families feel it is difficult to find time to eat together. But here are the benefits for taking (making) time:

- 89% said it brings them closer together.
- 86% said it teaches their children table manners and social skills.
- 84% said it keeps the family members up to date about what is going on in their lives.
- 71% said it helps solve problems for family members.
- 66% said it encourages more healthy eating habits.

Dad, Mom – I know it's rough – the timing – but those few precious minutes around a meal (even a quick meal) are important! They are formative!

Here's a great story! One Sabbath, Jesus is rushing, on a schedule you know, with his followers, taking a shortcut through a grain field. Well, they didn't have time to stop at the Olive Garden, besides it was closed, after all it was the Sabbath. His followers were hungry so they began to take the grain into their hands and squeeze it, break it and eat the good stuff. Jesus and his followers were eating on the run. But, let no good deed go unpunished. For some narrow-minded religious types their behavior was sinful, wrong, outlandish! After all, it was the Sabbath, and there are rules. You cannot do any labor, work on the Sabbath – that would be a sin

against God! And these guys are threshing the wheat with their fingers – working the chaff to get to the food, the grain. Sinners!!

Jesus is concerned for his children (followers) and he sees it's perfectly all right to “eat on the run” to behave in this way – because he understands how God looks at the world, and the Sabbath – for the benefit of His children! (Not their detriment.)

Jesus won't allow the naysayers indictment to stand. No way! They need to be silenced! Jesus gives them a history lesson. How wonderful. He indicts them by implying they do not know their scriptures. “Have you never read what David did...” Ouch! Surely they had read what David had done. They just chose to ignore it. Remember, David and his men were hungry, Dave went into the house of God and took the blessed bread and they ate it! David broke the law! The Rule! Implied, there is a greater law! Here it is!

“The Sabbath was made for man, not man for the Sabbath!”

This may be hyperbole, but not by much, if there is one sentence in religion to memorize, to interpret, to live by, this is it.

In a few minutes we are all going to have a brief meal we call the “Lords Supper. It won't take long. Imagine yourself in the grain field with Jesus, as you take the bread in your fingers. Accept the Spirit of Christ in this bread and juice – In your life...as you are eating on the run – prioritize - that's what Jesus did.

There are rules and there are rules.

Amen.