



### Cooking—Nepalese Style

Since everyone enjoyed learning about Manisha in Nepal these last two weeks, my Sunday School teacher treated us to a dessert from Nepal today. She said it was made from curd and dried fruit. It tasted really good! She said Nepal produces lots of foods that we eat every day, like rice and corn and sugar. They also produce something called pulses. Pulses are seeds of certain plants, like lentils.

Then, she told us about what Jesus said in John 6. Jesus was telling the people how He is the Bread of Life. He explained to the people how He is even more important to life than the bread you eat.

How can that be? How can Jesus be more important than the food that keeps us alive? I thought about that a lot today. We need bread—or food—to keep our bodies alive. If we don't eat, we'll die.

I think I found the answer a couple of chapters later in John. In John 11, Jesus is talking to Martha after her brother Lazarus died. Jesus says He is the Resurrection and the Life, that everyone who believes in Him will live, even though he dies. And everyone who lives and believes in Him will never die.

That seemed kind of confusing at first, and I asked God to help me understand. And, He did! He reminded me that there are two kinds of life, the life we live in the body and the life that our spirits, our hearts, live. Our bodies will die someday, but our hearts live forever. They will either live with God or without Him. Jesus was saying that He is the food that our hearts need to live. And, that the hearts of everyone who believes in Him will live with Him forever, long after our bodies die.

I'm going to see if I can find any recipes that use some of the foods from Nepal, like rice, corn, sugar, or lentils. Maybe we can have some for supper tonight and talk about the real life that Jesus gives us. Let me know what recipes you try and how they taste!

“Dear God, please help the people of Nepal to discover that Jesus is even more important than the food they eat. Help them understand that there is only one way to live forever with God, and that is by believing in Jesus. Please help us all to live forever with You. Thank You. In Jesus' Name. Amen.”