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No.L-2 December 2020

WE ARE WHAT WE EAT

No, this is not a verse of Scripture; it is a saying spoken by a French gastronome in 1826. In his book, he wrote, “Tell me what you eat, and I’ll tell you what you are.” He was explaining that the nutrients we eat, provide the structure, function and wholeness for every little cell in our bodies, from the skin and hair, to the muscles, bones, digestive and immune systems. Our food has a lot to do with the health and well-being of our bodies. This is in the realm of our literal flesh and blood, and when we look at the health of our spiritual inner beings, we can see the parallel and know that our spiritual food determines the health of our spiritual being as well.

The story of Adam and Eve in the garden of Eden, is about the fruit of the trees. These are not literal apples or figs, they represent what they ate spiritually, and what caused them and the entire creation to fall into the realm of sin and death. God was very specific when He told them what to eat or not to eat, for the result determined the length and quality of their lives, and how difficult it would be for them to sustain it. It was when they ate of the forbidden tree that God clothed them with the bodies of this death. What they ate spiritually certainly made a huge difference to them, and to all of us.

Jesus shocked His bewildered disciples saying, *“I am the living bread which came down from heaven: if any man eat of this bread, he shall live forever: and the bread that I will give is my flesh, which I will give for the life of the world.”* (Jn.6:51) Jesus came down from the Spirit realm and put on the flesh that would one day give eternal life to the entire world. He said that to receive that life, one had to eat His flesh. *“Then Jesus said unto them, Verily, verily, I say unto you, Except ye eat the flesh of the Son of man, and drink his blood, ye have no life in you. Whoso eateth my flesh, and drinketh my blood, hath eternal life, and I will raise him up at the last day. For my flesh is meat indeed, and my blood is drink indeed. He that eateth my flesh, and drinketh my blood, dwelleth in me, and I in him.”* (Jn.6:53-56)

This is the only food that gives eternal life and according to the words of Jesus, one must eat that food to obtain eternal life. The life that we now have in the flesh is temporary, and very limited. So how do we eat the flesh and blood of the Son of God? To begin with, we need to interpret these words by the Spirit. Any words of Jesus interpreted in the letter cannot give life. *“It is the spirit that quickeneth (gives life), the flesh profiteth nothing; the words that I speak unto you, they are spirit and they are life.”* (Jn.6:63) With this in mind, what did Jesus really mean when He said that we must eat His flesh and drink His blood?

Jesus was not introducing cannibalism to His disconcerted and baffled disciples; He was explaining that His flesh and blood life must become our flesh and blood life. Through the miracle of re-birth, we must become who He is. This sounds confusing to the natural mind, but knowing that the words that Jesus spoke are spirit and life, we can begin to grasp a different meaning to His statement. It is certain that this is not something we can accomplish ourselves. Just as we had nothing to do with becoming who we are through our first birth, we have nothing to do with our re-birth either. And just as our first birth is very real, so our re-birth is indeed very real as well. Most Christians are well acquainted with

the words of Jesus to Nicodemus, *“Marvel not that I say unto thee, Ye must be born again.”* (Jn.3:7) Jesus was speaking of a real birth first in Spirit, then in the new body of flesh. He was speaking of Himself as a grain of wheat, a Seed, falling into our ground, our earth, our souls and dying. Then, by the power of His resurrection, that Seed rises again and forms His own image in our soul. As He arises within each of us, a new body is formed and eternal life becomes manifest. This is the re-birth in flesh and blood but this is not corruptible blood. This is what the apostle Paul wrote, *“So when this corruptible shall have put on incorruption, and this mortal shall have put on immortality, then shall be brought to pass the saying that is written, Death is swallowed up in victory. O death, where is thy sting? O grave, where is thy victory?”* (I Cor.15:54-55)

Peter further explained, *“Being born again, not of corruptible seed, but of incorruptible, by the word of God, which liveth and abideth for ever.”* (I Pet.1:23) Our new blood is the incorruptible Word of God. When Jesus Christ Himself arises within us, we become one unit with Him; we will truly be His flesh body, and He will be our Spirit and soul. We will live through Him. This is our new birth. He will be the Word made flesh in us. This is the mystery of re-birth. How is this accomplished? By the power of the Holy Spirit within us. It takes place as we follow the Spirit who leads us from within each day. By experience, we know that His Holy Spirit has been cleansing and purifying us.

Make no mistake, our Lord is not our purifying the old nature within us; that “old man” is dealt with by the death of the cross. We are daily crucified with Christ. Our purification has to do with renewing our minds, (souls). It is the cleansing of all the lies that have been fed to us by the systems of Babylon. The Word of God gives life; it is pure, it is truth. All the false doctrines that we have been taught must be burned with fire. Only His pure Word will remain in our souls. We will have put on the mind of Christ. This is why He has called us out of the various churches, groups and teachers of the past. This is why eating at the table of the false prophets or the teachers of the literal Word is detrimental to the formation and maturing of the Christ life within.

We can see what has happened in the world and in the United States in particular. Today, more than it has ever been in past history, lies, hearsay and slanderous reports are constantly buzzing through the airwaves, and people are forming their opinions according to the lies that are being propagated by these news and social media. Because the truth has long ago disappeared from societies and nations, only the imaginations and deductions of man’s carnal intellect rule. The people are confused and cannot find peace anywhere. Truth is what gives peace and freedom. *Ye shall know the truth and the truth shall make you free.* Jesus Christ is the Word of truth. Until He rises in a people in the earth, humanity is doomed to violence, warfare, sin and the grave. This is why the *creation is groaning and travailing for the manifestation of the sons of God.* Read Romans 8:19-23

The day of the rule of man is now closing and our Lord is using all the means designed to bring us to that final place in Him. It is through suffering that Jesus Himself learned to obey and not follow the ways of men. *“Though he were a son, yet learned he obedience by the things which he suffered. And being made perfect, he became the author of eternal salvation unto all them that obey him.”* (Heb.5:8-9) The Son Himself had to yield to the Father within, and shun the ways of the world. This comes through resistance and suffering; it is what makes perfect. It is one thing to be a son, and another to be a perfect son. And so we read, *“Therefore, leaving behind the principles of the doctrine of Christ, let us GO ON UNTO PERFECTION...”* (Heb.6:1) Beloved, this is where our Lord by His Holy Spirit has been leading us...Being perfectly of one mind and spirit with Him and the Father. Being born again in His image. What a mighty God!

Because He is love, *Jackie Caporaso*