

The term “comfort food” was coined in the 1960s for food that provided nostalgic or sentimental value. This may include the foods our parents gave us to cheer us up. If a favorite food came to mind then you know what I’m taking about; that heavenly flavored ice cream, those divine sweets treats, chocolates, your mom’s best pie recipe, or that favorite fast food meal you always crave.

Even though these foods are so delightful and have a special place in our heart when we are stressed, isn’t it ironic these are the foods that we cancel out in our New Year’s resolution or foods that we skip out on during our fast. Our souls crave for something more than temporary comfort.

We encounter stress and challenges daily. We see it affecting our family and everything that surrounds us. We sometimes can’t help but feel lost, confused, and even like we want to give up. Paul writes in Corinthians 2:3, that God is the God of all comfort. We are reminded that God knows what we are going through—our afflictions, our problems, and our stress.

Whatever difficulty you and your family may be facing, believe that Jesus knows what you are going through and how you are feeling. Our feelings and emotions are not foreign to Him and we can trust that He will give us peace.

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