



“Therefore, everyone who hears these words of Mine and acts on them will be like a sensible man who built his house on the rock.”

Matthew 7:24

Welcome to my kitchen filled with aroma and taste, but most of all God’s love and grace! On the menu:

Grilled Sweet Baby Peppers and Cashews!

Hors d'oeuvres? Instant snack? Or the cutest little pepper you'll ever see? I can't get enough of these crisp, sweet cuties. These peppers come in red, yellow and orange color. And they are sweet and delicious to eat all by themselves, or roasted in the oven, they become juicy and succulent.

Apart from their mild, sweet flavor and wonderful taste, sweet peppers are a good source of nutrients, vitamins and minerals. They contain Vitamin C, Vitamin B6, Copper, Vitamin K, Manganese and Vitamin B1. They are also loaded with Amino acids.

The health benefits of these sweet peppers include treatment of cancer, helps treat anemia and arthritis, improves bone density, epilepsy, Alzheimer’s disease, digestive health, restless leg syndrome and prevents muscle cramps as well as maintaining skin health. Regular consumption of this cute little sweet pepper is recommended to help you live a healthy life.

A guy walks into the doctor's office with a banana stuck in one of his ears, a bell pepper in the other ear, and a carrot stuck in one nostril. The man says, "Doc, this is terrible. What's wrong with me?" The doctor says, "Well, first of all, you need to eat more sensibly." Ha ha!

The dictionary defines a sensible person as “being rational or reasonable”. A sensible person makes good decisions and judgements based on reason rather than emotion. When Jesus walked on this earth He often shared His message through parables, so that people could understand them and apply His Truth to their personal lives. Matthew 7:24 is one of those parables. Jesus told a story

about two men: one who built his house upon a rock and another who built his house upon sand. The house built upon a rock weathered the storm, and the builder is called wise, but the house built on the sand collapsed during the storm, and the builder is called foolish.

The meaning of this parable is very obvious. Proper foundations are necessary. When building a house, it would be unwise to build on sand, because the foundation will be shaky and the house will eventually undergo some kind of damage. This would obviously waste resources, and all the time and work put into building the house in the first place would have been for nothing. In comparison, being wise and building your house on a sure foundation; anchoring to a solid base, makes a building withstand the test of the harsh elements of time.

Jesus wasn't concerned about an actual building structure or a home for someone. **Matthew 7:24:** ***“Therefore, everyone who hears these words of Mine and acts on them will be like a sensible man who built his house on the rock.”*** Jesus was speaking in a parable so that those that were listening would understand that each individual person is building a life. The proper foundation for a life is Jesus’ words - not just the hearing of them, but the doing of them. In other words, just listening to the Word of God is not enough. We must put them into practice.

Most of the time the ways of the world are set up to make us turn away from God’s Holy Word. Often our own feelings can betray us and pull us toward doing the exact opposite of what the Bible says. But a wise person, a sensible one, will follow the Words of God despite what the world says. They will not rely upon their feelings to control their actions. They will trust in the Word of God above all else.

As we follow the Lord and learn to trust Him, i.e., ***“Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight.”*** Proverbs 3:5-6, we discover that our lives (our house) and our faith is becoming steady and solid, unshaken by the circumstances that life throws at us. The sensible person is the believer whose life is built upon the Rock of Jesus Christ.

It is never too late to rebuild a faulty foundation with Jesus Christ. So pick up your Bible and hammer away at it. And you don't need a building permit either. The Holy Spirit as got your back!

In His Grace, Lynda



Lynda's Recipe for Grilled Sweet Baby Peppers and Cashews!

Ingredients: Serves 4-6

Canola oil, for grill grates (I use a stovetop grill pan)
1/2 cup fresh cilantro, chopped
2 scallions, chopped
2 tablespoon fresh lime juice
2 tablespoon roasted cashews, chopped
4 tablespoon olive oil, divided
Salt and pepper to taste
1 lb. mixed sweet baby peppers (They come in a bag)



Instruction:

Heat grill to medium (and of course you can always use a stovetop grill pan). Once hot, clean and oil grill grates with canola oil. Combine cilantro, scallions, lime juice, cashews, and 3 tablespoons olive oil in a bowl. Season with salt and pepper.

Toss together peppers and remaining tablespoon olive oil in a second bowl. Season with salt and pepper. Grill, turning occasionally, until charred, 3 to 5 minutes.

Drizzle vinaigrette over the peppers and serve. Delish!

Bon Appetit, Lynda

