

## Watermelon Faith

Watermelon one of the wonderful gifts of summer, can change the moment and make us feel better in just a moment. It is an earthly food, and not to be sought above spiritual things, but it tastes really good!

It is grown mostly in the southern areas of the United States, and in many countries can be grown year-round because of year-round warm weather. I began to wonder about its connection to history, and faith, and you may be surprised at the answers.

Watermelons have been around a very long time. Egypt has grown them for centuries, even though they were not sweet and round, like some watermelons today.

“Seeds, as well as paintings of watermelons, also have been discovered in Egyptian tombs built more than 4,000 years ago, including King Tut’s. One tomb painting, in particular, stands out. The watermelon depicted in the image is not round like the wild fruit. Instead, it has the now-familiar oblong shape, suggesting that it was a cultivated variety.” Harry Paris, Agricultural Researcher in Israel

Why did Egypt grow them? Well, there’s not a lot of water in Egypt, and watermelons are mostly water, as we know.

“The answer, according to Paris, is in the fruit’s name: water. Unlike other fruits, watermelons could remain edible for weeks or even months if kept in a cool, shaded area. A *National Geographic* [correspondent](#) visiting Sudan in 1924 saw watermelons being collected and stored this way during the dry season, when they would be periodically pummeled to extract their water.” Harry Paris

What connection does this have for faith, may you ask? Well, the Israelites were in bondage for 500 years. Slaves they were, and they ate watermelons among other things. When they had escaped captivity, they longed for Egyptian foods.

“Some foreigners among the Israelites had a strong craving for [other kinds of] food. Even the Israelites started crying again and said, "If only we had meat to eat! Remember all the free fish we ate in Egypt and the cucumbers, watermelons, leeks, onions, and garlic we had? **6**But now we've lost our appetite! Everywhere we look there's nothing but manna!" Numbers 11:4-6

Here is the ultimate human irony. God was providing all the food they needed, bread and meat falling from heaven. They had all they wanted and needed to eat, but were still not satisfied.,

They had not gotten the idea that following God is the most important thing in the world. Rather than thanking God for providing them for food, they were complaining about the food they did have and longing for something else.

We must seek God above all else, and give up seeking total fulfillment from earthly things. That change will give us deeper faith, and blessings from God.

Mark Twain loved watermelon. He called “the true Southern watermelon ... a boon apart, and not to be mentioned with commoner things. It is chief of this world'd luxuries, king by grace of God over all the fruits of the earth. When one has tasted it, he

knows what the angels eat. It was not a Southern watermelon that Eve took: we know it because she repented.”

The spiritual connection of watermelon lifted up by Mark Twain comes simply because it tastes so good. We must find that spiritual connection that doesn't begin with watermelon or anything else. Heavenly taste buds are acquired as we grow in faith. “Taste and see that the LORD is good. Oh, the joys of those who take refuge in him!” Palm 34:8

Watermelons can help physical ailments. They are known as a rather healthy food, and can have some healing qualities.

“The nature of watermelons is generally rather chilling and contains a great deal of moisture, yet they possess a certain purgative quality, which means that they are also diuretic and pass down through the bowels more easily than large gourds and melons. Their cleansing action you can discover for yourself; just rub them on dirty skin. Watermelons will remove the following: freckles, facial moles, or epidemic leprosy, if anyone should have these conditions.” ~ Galen

Finally, I searched high and low for recipes involving watermelon that are unusual, that use watermelon in ways many have not seen. Grilled watermelon is a delicacy I have recently enjoyed.

#### Grilled Watermelon with Blue Cheese and Prociutto

3 (1/2-inch-thick) watermelon rounds, quartered

1 tablespoon olive oil

Kosher salt

Freshly ground pepper

4 ounces thinly sliced prosciutto

4 ounces blue cheese, crumbled

Fresh basil leaves

2 teaspoons bottled balsamic glaze

#### Preparation

1. Preheat grill to 350° to 400° (medium-high) heat. Brush both sides of each watermelon quarter with olive oil, and season with desired amount of salt and pepper. Cut prosciutto into thin strips.
2. Grill watermelon quarters, without grill lid, 1 minute on each side or until grill marks appear.
3. Transfer watermelon to a serving plate; top with blue cheese, prosciutto strips, and fresh basil. Drizzle watermelon with balsamic glaze. Serve immediately.

So, let the recipe for faith be sweet, delicious, and served immediately. Looking for new ways of serving God as well as enjoying the ways practiced for centuries can take us to wonderful tables of faith.