

## The Sandwich Principles of Spirituality

Nearly everyone loves sandwiches! There are so many delicious combinations that can be invented. Need a quick snack? Try a sandwich! Need to feed a lot of people inexpensively? Sandwiches are the answer. Have picky eaters? Sandwiches without crust are a favorite. They can be eaten cold, hot, whole, halves, or quarters. Sandwiches can be dipped in soup, covered with melted cheese, or fried in egg. Rye bread, sourdough, white, wheat, onion, rolls, subs, French, bagel, so many types of bread are great for sandwiches. They can be eaten inside, outside, formal, informal, in the car, on a boat (even eat them with a goat!). Who when hearing the many verses of the Bible stating “sand which is by the sea”, cannot help but think of sandwiches! Thus, “The Sandwich Principles of spirituality” must be presented. The goal being a light hearted approach in giving a person just another reminder about the Bible from everyday things, however, there are certain aspects presented here which will likely give some people indigestion (**Acts 7:57**).

### **The Swiss Cheese Sandwich Principle – Pursue Holiness**

Yes, a principle named after the central part of the Swiss Cheese Sandwich, Swiss cheese, which is holey. When you think Swiss cheese, from now on think holy. Man’s ultimate goal in Christianity is to be like Christ who is holy (**Mark 1:24**). The apostle Paul encourages Christians to be holy proving the will of God (**Romans 12:1-2**). As ordained by God, man “*should be holy and without blame before Him in love*” (**Ephesians 1:3-4**). The definition of Holy is pure or morally blameless. Man pursues holiness because he loves God and wants to please him. There are so many avenues in life that have been turned to crooked streets. Television, which has so many helpful aspects, has been corrupted to such a degree it is debatable whether or not it should even be turned on. Radio is the same. Billboards, checkstands, newspapers, and magazines nearly all spout filth. Fortunately, there are alternatives in this information age, but the traps still exist. Clothing certainly is an issue of purity and morality and it has been since the first man and woman. Issues such as not enough clothing, the tightness, or the images shared on the clothing have caused both men and women to sin. Social influences operating since the earliest of times invite man to accept lewdness and sexuality at nearly every corner they turn. Social pitfalls such as dancing, drinking, drugging, fornication, adultery, and petting claim innocence each day, yet, man ignores the damage he sees. God did not intend for man to defile himself this way. Pursue Holiness.

**Mark 7:20-22** – *And he said, That which proceedeth out of the man, that defileth the man. For from within, out of the heart of men, evil thoughts proceed, fornications, thefts, murders, adulteries, covetings, wickednesses, deceit, lasciviousness, an evil eye, railing, pride, foolishness: all these evil things proceed from within, and defile the man.*

**2 Corinthians 6:17** – *Wherefore Come ye out from among them, and be ye separate, saith the Lord, And touch no unclean thing; And I will receive you, And will be to you a Father, And ye shall be to me sons and daughters, saith the Lord Almighty.*

### **The Dagwood Sandwich Principle – Pursue Growth**

Dagwood Bumstead is a comic strip character from the comic “Blondie”. The Dagwood sandwich is named after him. His approach was pursuing growth. The more you add on the sandwich the better it is. Meats, cheeses, vegetables, piled high as you can go – mmmmm! God put man on the earth and did not just leave him to do nothing. He gave man work to do (**Genesis 1:28, 2:15**). Man, of course, decided to do what he wanted to do which just resulted in sin. God allowing man to see what horror results, started man off again. This time He chose a specific people (Israel) to show the blessings and curses which result from following God. It was this people from which he would bring his son and engage the next part of his plan for man. To Israel it was said:

**Deuteronomy 5:33** – *Ye shall walk in all the ways which the LORD your God hath commanded you, that ye may live, and that it may be well with you, and that ye may prolong your days in the land which ye shall possess.*

As God knew beforehand, this people would not obey. However, they did carry the lineage from which God’s Son Jesus was born and in his life he provided the perfect example for mankind. Having this example, man knew precisely what they were to grow into. Later the apostles Paul and Peter would say:

**Ephesians 4:14** *...be no longer children, tossed to and fro and carried about with every wind of doctrine, by the sleight of men, in craftiness, after the wiles of error; but speaking truth in love, we may grow up in all things into him, who is the head, even Christ; from whom all the body fitly framed and knit together through that which every joint supplieth, according to the working in due measure of each several part, maketh the increase of the body unto the building up of itself in love.*

**1 Peter 2:1-2** – *Putting away therefore all wickedness, and all guile, and hypocrisies, and envies, and all evil speakings, as newborn babes, long for the spiritual milk which is without guile, that ye may grow thereby unto salvation;*

The idea behind growth is to become like Christ. Man is to put away all of the things that are not pure in his life. However, a person does not grow without having the proper input. An individual cannot just keep away the impure, they must consume the pure. Bring on the Dagwood sandwich of spirituality, which is the Bible. That is the pure spiritual milk Peter speaks of. It is the daily and lifelong study, pursuit, and application of the Will of God. No person is too young or old to have God's truths fill their life. King David, the second king of Israel, once stated: "O how love I thy law! it is my meditation all the day." (**Psalms 119:97**). Following God's law is not something that is to be a burden, but something which becomes part of man and he longs to do. Growing in the instruction of God matures and prepares man for his salvation and at no point is man to stop such growth.

**2 Peter 3:17-18** – *Ye therefore, beloved, knowing these things beforehand, beware lest, being carried away with the error of the wicked, ye fall from your own steadfastness. But grow in the grace and knowledge of our Lord and Saviour Jesus Christ. To him be the glory both now and for ever. Amen.*

### **BLT Sandwich Principle – Pursue Perfection**

Bacon, Lettuce, and Tomato with a thin spread of mayonnaise, is a BLT. It is not Bacon, Cabbage, tomato, or Ham, Lettuce, Tomato, or even Bacon, Lettuce, Tomato, and pickle. A BLT is what it says. It does not need any other vegetables or meats. It is perfect just the way it is. The word of God is just the same.

**Psalms 19:7** – *The law of the LORD is perfect, converting the soul: the testimony of the LORD is sure, making wise the simple.*

Yet, folks want to change perfection. God establishes assembling on the first day of the week and partaking of communion to remember His son (**Acts 20:7**), man changes it to assemble on Saturdays or partake of the communion monthly, quarterly, or annually. God says be immersed in water for salvation (**I Peter 3:21**), man changes to sprinkling or just believing. God says lead with men who meet proper qualifications (**I Timothy 3:1-7**), man leads with unqualified men and women. Each person sees his way as a better way. They see their change as an improvement. Yet, just as with the BLT, it is not just changes which spoil the sandwich, additions do the same. God says sing (**Colossians 3:16**), man adds instruments. God says follow His Word (**John 14:6**), man adds the Koran, book of Mormon, Catechism, watch tower publications, or various additional ordinances assuming the authority of God. God says preach the word to draw souls (**I Corinthians 1:21**), man adds gyms, coffee shops, plays, puppet shows, bands, and discount food delivery programs to draw people. You cannot change perfection and have it still be perfection. You cannot add to perfection and have it be perfection.

**Galatians 1:6-8** – *I marvel that ye are so soon removed from him that called you into the grace of Christ unto another gospel: Which is not another; but there be some that trouble you, and would pervert the gospel of Christ. But though we, or an angel from heaven, preach any other gospel unto you than that which we have preached unto you, let him be accursed.*

### **P & J – Pursue Simplicity**

Peanut Butter and Jelly sandwiches are comfort food to a great many people. They are simple to make, yet they are also flexible with ingredients. Peanut butter is specific. Jelly, is flexible. Do you want grape, strawberry, raspberry, blueberry, or a host of other jellies? No problem, enjoy! Do you want something other than peanut butter? Sorry... it is no longer a peanut butter and jelly sandwich. God's word is much like a P&J sandwich. It has some things which are very specific. God makes clear what he wants. However, there are some things with which God is flexible. His general authority is there, but he allows man a choice. For instance, God tells man to assemble and encourage one another (**Hebrews 10:24-25**). This is a general command which allows man to assemble where he desires. That place may be a home, a park, a grange hall, or a Church building. God did not make his Word so complex man could not understand it. He made it simple to follow and easy to engage, if man would not be distracted by his own desires.

**Proverbs 14:6** – *A scorner seeketh wisdom, and findeth it not: but knowledge is easy unto him that understandeth.*

**Romans 16:19** – *For your obedience is come abroad unto all men. I am glad therefore on your behalf: but yet I would have you wise unto that which is good, and simple concerning evil.*

**James 3:17** – *But the wisdom that is from above is first pure, then peaceable, gentle, and easy to be intreated, full of mercy and good fruits, without partiality, and without hypocrisy.*

**Matthew 11:30** – *For my yoke is easy, and my burden is light.*

How much frustration occurs in everyday life? God made things real simple. Be pure and holy (**Philippians 4:8**), avoid the appearance of evil (**I Thessalonians 5:22**), and love him by keepings His commandments (**John 14:15**). It is only when man brings his own desires and “what if’s” to the table, desiring to walk some sort of imaginary line where he can get away with the “most”, he makes life far more complicated than it needs to be.

The Sandwich Principles of spirituality are principles evident in scripture. They can be garnered from simple blessings of our everyday diet – Swiss cheese, Dagwood, BLT, and

P & J sandwiches. Pursue holiness, growth, perfection, and simplicity in all that you do  
(**Hebrews 12:12-15**).