

The Hidden Treasures Within

A Modern Way Of Explaining The Bible

Tracey Lafayette

About the Author

Tracey Linda Lafayette was born in London in 1968 and has three sisters. As a schoolgirl, she excelled at needlecraft, sewing, metal work, and drawing, and always knew she was going to have a career that would involve doing something creative. She studied at Clissold Park School in Stoke Newington and became a chef at the age of 18 and has worked as a chef for more than 22 years. She also took a break from catering for a while and went on to work in social care with young people and families.

About the book

This book uses different situations and scenarios to explain the Bible in a modern way which reflects our modern day lifestyle and circumstances.

The book tries to help you to understand and see the Bible in things that surround us and what we go through knowing that The Lord is The One who sees things and is in all things as long as you are able to believe.

Acknowledgements

I would like thank everyone who have helped and encouraged me to write this book. To my sister, Denise, thank you so much for your contribution to the “Beautiful Game” sections.

I would also like to thank Hilda for encouraging me to write my thoughts in my daily journal as a Christian, which culminated in this finished book.

To the Lord Jesus Christ who has been there from the beginning, You have lifted me and helped me in ways impossible to perceive with human eyes. I have drawn strength from Your encouraging Word, love and saving grace.

Be alert, be present. I'm about to do something brand new. It's bursting out! Don't you see it? There it is! I'm making a road through the desert, rivers in the badlands.

– Isaiah 43:19 (The Message)

The earth is the Lord's and all its fullness, The world and those who dwell therein, For He has founded it upon the seas, And established it upon the waters.

– Psalm 24:1-2 (NKJV)

Food and Diet

The food that we consume today can be nourishing to our bodies, although we must make sure that we get the right nutrients and so forth from it. Food can be comforting to us and is even sometimes referred to as "comfort eating." When we go through trauma and we want to make ourselves feel better, we see it as a comfort, because, depending on the type of food and how it tastes, it can lift our spirits and give us satisfaction. When we are happy, we eat and in times of sadness we also eat as well; we eat at weddings, christenings, birthdays, we also eat at funerals too; food is needed in all circumstances. Certain foods such as fruit helps to cleanse our bodies so in return it can function properly with the right nutrition. I know what it is like to prepare food because of my many years working as a chef. Peeling, chopping and slicing certain items of foods is all part of the preparation and it is usually a long process, but the end result is very satisfying especially when it looks, tastes and smells delicious and after having eaten a nice meal when we are full, we may feel well rested or fall asleep in front of the TV.

However, there are times when we can make food really complicated, depending on how we prepare and treat it. We can even get in to arguments about food, if we go to a restaurant or supermarket and find that the food is not up to a high standard, we may get upset, or if we are not given the correct portion this can also cause us to get annoyed. In the catering industry the behaviour of some chefs to go above and beyond in creating their meals to utter perfection has led to moments of verbal outbursts and in some cases physical clashes of which I have seen first-hand.

So why does this happen? This happens because people have different ideas about food preparation and their own tastes. Chefs in some of the finest restaurants around the world prepare the food according to the restaurant's reputation (i.e. whether it has a Michelin star