



## The Amazing **BANANA**

*Psalm 104:24-35*

“O LORD, how manifold are Thy works! in wisdom hast Thou made them all: the earth is full of Thy riches” (*Psalm 104:24*).

The hand of God in creation is everywhere to be found if one has eyes to see. Consider the banana. Grown in more than 150 countries, there are more than 1,000 types of bananas in the world. The one most commonly found in our food markets is called the Cavendish.

God has given us richly all things to enjoy, including bananas (*1 Tim. 6:17*). This amazing fruit fits comfortably in the human hand. Even a child can easily hold it. It has a non-slip surface so it won't slide out of one's hand, unlike the inside of the banana peel which is very slippery. The outside color of the banana tells what is on the inside. If it's green, don't eat it yet. If it's yellow, it's ripe and ready. If its black, then maybe you waited too long unless you enjoy slimy mush.

The banana has a handy tab for removing the wrapper. The wrapper is perforated so that you can easily pull it down. It's perforated about every quarter of an inch. The wrapper is biodegradable. Not bitter or sour, the banana's sweetness is pleasing to the taste buds. It is extremely nourishing, containing lots of potassium, fiber, and vitamin B6. Also, it helps to reduce heartburn, high blood pressure, and depression; and it may also help to boost brain power.

Did you know it's great for polishing men's shoes? Eat the banana, rub the banana peeling on your shoes, buff with a soft cloth, and then sit back and admire your shoe polishing job.

The banana was created by God for man's benefit and blessing. God so cares for us and knows how to provide the things that are good for us. Thank God for the banana!

~George Zeller: [www.middletonbiblechurch.org](http://www.middletonbiblechurch.org)



## The Amazing **BANANA**

*Psalm 104:24-35*

“O LORD, how manifold are Thy works! in wisdom hast Thou made them all: the earth is full of Thy riches” (*Psalm 104:24*).

The hand of God in creation is everywhere to be found if one has eyes to see. Consider the banana. Grown in more than 150 countries, there are more than 1,000 types of bananas in the world. The one most commonly found in our food markets is called the Cavendish.

God has given us richly all things to enjoy, including bananas (*1 Tim. 6:17*). This amazing fruit fits comfortably in the human hand. Even a child can easily hold it. It has a non-slip surface so it won't slide out of one's hand, unlike the inside of the banana peel which is very slippery. The outside color of the banana tells what is on the inside. If it's green, don't eat it yet. If it's yellow, it's ripe and ready. If its black, then maybe you waited too long unless you enjoy slimy mush.

The banana has a handy tab for removing the wrapper. The wrapper is perforated so that you can easily pull it down. It's perforated about every quarter of an inch. The wrapper is biodegradable. Not bitter or sour, the banana's sweetness is pleasing to the taste buds. It is extremely nourishing, containing lots of potassium, fiber, and vitamin B6. Also, it helps to reduce heartburn, high blood pressure, and depression; and it may also help to boost brain power.

Did you know it's great for polishing men's shoes? Eat the banana, rub the banana peeling on your shoes, buff with a soft cloth, and then sit back and admire your shoe polishing job.

The banana was created by God for man's benefit and blessing. God so cares for us and knows how to provide the things that are good for us. Thank God for the banana!

~George Zeller: [www.middletonbiblechurch.org](http://www.middletonbiblechurch.org)