**Genesis 18:6-8**

[*https://thebiblesays.com/commentary/gen/gen-18/genesis-186-8/*](https://thebiblesays.com/commentary/gen/gen-18/genesis-186-8/)

*Abraham, the good host, quickly asks Sarah to prepare bread and asks a servant to prepare a calf to eat. He then brought his guests something refreshing to drink.*

The *bread cakes* were small round, thin, loaves of bread. The word “measures” is the Hebrew word *seah.* One “seah” equals approximately 11 quarts. So, 3 “measures” would be a little more than a bushel. This would yield much more bread than the three visitors, Sarah, and Abraham could possibly eat.

Abraham himself selects *a tender and choice calf* for the main dish. The meat was costly and a rare treat, but Abraham did not hesitate to prepare a calf for his guest’s meal. We see the expense which Abraham goes to in order to cater lavishly to his visitors.

*He took curds and milk*which were side dishes to bring out the taste of the meat and to quench the visitor’s thirst. The word “curds” is the Hebrew word *hemah*which refers to curdled milk that is much like yogurt. In fact, it is made by churning milk just like making butter (cf. [2 Samuel 17:29](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=2Samuel+17.29&t=NASB95); [Proverbs 30:33](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Proverbs+30.33&t=NASB95)). It was a staple of the diet of the Israelites, they even ate it from infancy (cf. [Deuteronomy 32:14](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Deuteronomy+32.14&t=NASB95); [Isaiah 7:15](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Isaiah+7.15&t=NASB95),[22](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Isaiah+7.22&t=NASB95)). Milk was highly esteemed in the ancient world and regarded as a source of vitality.

*He was standing by them…as they ate.* A mark of the highest courtesy, Abraham (the head of the household) stood (like a servant) while his guests ate. Here and in [Genesis 19:3](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Genesis+19.3&t=NASB95) we see heavenly beings (Angels, including the Lord) eating earthly food. Although they were not human, they appeared in a form that could perform physical acts as a human being would ([Genesis 19:10](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Genesis+19.10&t=NASB95), [32:24](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Genesis+32.24&t=NASB95),[30](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Genesis+32.30&t=NASB95); [Hosea 12:3-4](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Hosea+12.3-4&t=NASB95)). Eating together was important in making or confirming covenants ([Exodus 24:9-11](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Exodus+24.9-11&t=NASB95); [Matthew 26:17-30](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Matthew+26.17-30&t=NASB95); [Acts 2:42](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=Acts+2.42&t=NASB95); [1 Corinthians 11:20-34](https://www.blueletterbible.org/search/preSearch.cfm?Criteria=1Corinthians+11.20-34&t=NASB95)). Therefore, when God was ready to expand the covenant promise to Sarah, he came in person to share a meal with Abraham.

**Biblical Text:**

**6 So Abraham hurried into the tent to Sarah, and said, “Quickly, prepare three measures of fine flour, knead *it* and make bread cakes.” 7 Abraham also ran to the herd, and took a tender and choice calf and gave *it* to the servant, and he hurried to prepare it. 8 He took curds and milk and the calf which he had prepared, and placed *it* before them; and he was standing by them under the tree as they ate.**