

Taste

Taste and see that the Lord is good!

Our lives and our Christian walk are filled with moments of joy, difficult times and treasured memories. In all of these times the Lord is good.

Think about Psalm 34v8.

There are three bowls here with three different kinds of snack – sweet, sour and savoury. Enjoy a snack from each of the bowls, and when you eat them use your sense of taste to guide your prayers.

SWEET: Think about the 'sweet' things God has given you and thank God for them.

SOUR SWEET: Thank God for helping you through a 'sour' experience, or pray for a current difficult situation for you or someone you know.

SAVOURY SNACK: Think about some of your treasured memories. Talk about them and thank God for these times that you want to 'savour'.

