



# Taste

February 28-March 5

This week let your sense of taste open you to God's presence.

**3<sup>rd</sup> Sunday of Lent:** Our Psalm today speaks of thirsting for God. Today pay attention to times when you feel thirsty. Let your physical thirst remind you of the thirst for God deep within you.

*Psalm 63:1* - O God, eagerly I seek you; my soul thirsts for you.

**Monday:** Notice what you taste today and the food and drink that sustains you. Let your taste buds remind you of the goodness of God.

*Psalm 34: 8* - O taste and see that the LORD is good; happy are those who take refuge in him.

**Tuesday:** Today take notice of all the flavors in your food. Pray for those who do not have the privilege to worry about what their food tastes like.

*Isaiah 25:6-7* - On this mountain the LORD of hosts will make for all peoples a feast of rich food, a feast of well-matured wines, of rich food filled with marrow, of well-matured wines strained clear. And he will destroy on this mountain the shroud that is cast over all peoples, the sheet that is spread over all nations.

**Wednesday:** Tonight in worship we get a taste of the abundance found in Jesus. The one who changed water into wine fills our lives with abundance so that we give of ourselves freely and fully. When you drink water today let it remind you of God's abundance given to you.

*John 2:9-11* - When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, 'Everyone serves the good wine first, and then the

inferior wine after the guests have become drunk. But you have kept the good wine until now.'

**Thursday:** Notice when you feel hunger today. Let that remind you of the ways God provides for us as God provided manna in the wilderness for the Israelites. Reflect on how you can help provide food for others.  
*Exodus 16:11-12* - The LORD spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.'"

**Friday/Saturday:** This weekend, pay attention to the people seated around you at meals, or those you long for at meals. Let them remind you that God rejoices to be in relationship with us. When we repent and return to God, God rejoices and throws a rich feast.

*Luke 15:21-24* - Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate.