

# TASTE AND SEE

Time: 50 Minutes

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Open wide your mouth – *PSALM 81:10*

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## RESOURCES

- Bible per participant
- Table per five or six participants
- Handout with directions, names of foods, and scriptures for each table (download at [www.ignite.rosedalemedia.org](http://www.ignite.rosedalemedia.org))
- Platter or tray per group (of five or six) containing:
  - Dish of honey with six crackers for dipping into the honey
  - Bread large enough to be broken into six pieces
  - Six grapes
  - Six small cups of water
  - Six rolls of deli meat
  - Six small cups of milk
  - Saltine crackers
  - Six slices of cucumber and apple
  - Six olives

## BACKSTORY

Did you ever think about Jesus eating an egg? He probably did. At least he said that eggs were a good gift (Luke 11:12-13). It's ironic that, as God in a body, Jesus ate the food he had created for people. The Old Testament said Jesus would eat butter and honey. We know that he ate bread. And he ate clean meats like lamb and fish. Throughout the Bible, the metaphor of food is used to show that God fills you, sustains you, and nurtures you. Psalm 81:10 says, "I am the Lord your God, who brought you up out of Egypt. Open wide your mouth, and I will fill it."

## PROCEDURES

1. Invite participants to gather around tables in groups of five or six. Select one leader for each group.
2. Read the backstory.
3. Say: *The Bible refers to food as a way to help you understand spiritual filling. The verses about food and the tastes of food can help you to pray with fresh understanding.*
4. Ask group participants to lead their tables through each food using the following steps:
  - Distribute the food for the verse.
  - Read aloud the verse while you eat the correlating food.
  - Discuss how this verse could guide praying.
  - Pray in sentence prayers as a group, using the concepts of the verse.
  - Repeat for each food.
5. When the time is right, invite participants back into the whole group.
6. Say: *The Bible is a never-ending buffet of spiritual food. An essential part of prayer is listening. For the next three minutes, look through your Bible to find some spiritual food to feed the rest of us.*
7. Say: *Now, let's pray by listening to God's word to us.* Invite participants to share scripture without comment.
8. After each scripture, lead the group in saying, "Thank you, God, for your filling."