

Hello CMBC family,

O, taste and see that the Lord is good.

What are your favorite foods? Which foods do you crave the taste of? Think of a time when you indulged a little too much just because the flavor kept you coming back for more. For me it is something like lasagna, or ham, or a perfectly done steak. I remember the first time having pears and cheddar cheese at the same time. My family still mocks and imitates my, “mmmmmm”. It was a taste sensation having them together. Each enhanced the flavor of the other and my taste buds showed their delight with a full out foot stompin’, hootin’ and hollerin’ barn dance. Yummy!

Some people crave chocolate or other sweets. Some can’t resist or hardly stop eating salty chips. Have you made yourself sick sometime from too much of something you ‘love’? That, “feel more like a beach ball than a person right now” over stuffed feeling. Or maybe something has changed for you like it has for me. I have developed a lactose intolerance so now when I have pears and cheese I pay with a severe gut ache and other side effects. Not pleasant. Or when I eat too much salt I get sores in my mouth.

Contrast this with when you have eaten a satisfying meal that was also healthy. Yes, some of you are shouting that this is an oxymoron, that these two things are an impossibility. But think of those times when you were perfectly satisfied but not over stuffed. Like after you went on a longer than expected hike and returned quite famished and depleted. A cold refreshing drink and meal seem tastier than ever, maybe followed by a coffee or treat. Just right to rejuvenate and restore you again.

Read Psalm 34 and 1 Peter 2:1-3. Reflect on how both David and Peter speak about tasting and seeing that the Lord is good. Remember times when he has seemed particularly close and you were overwhelmed with his goodness. Satisfied and full, content with out the sense we have over indulged and will pay later. We can’t get too much of him; he is perfectly good. He rebuilds, renews and refreshes like nothing and no one else. Ponder these passages. Consider God and his goodness. Think about what Peter says to “put away”. What appetites and desires do these promise to fill? What are the consequences of indulging these? Do you need to repent and realign? Do this.

Pause and enjoy moments with the Savior. Savor time with him. Rest and abide in his goodness. Share him and your experience of his goodness with others in some way. Encourage others to “taste and see that the Lord is good”.

Heavenly Father forgive me when I over indulge in things which are ‘tasty’ at the time but which I am hoping to satisfy in ways they cannot. Forgive me also when I give in to temptation, seeking to fill myself with things which are really harmful, and have much more serious consequences than a belly ache or uncomfortable feeling. Teach me to crave pure spiritual milk. Lead me into your presence and into experiencing you today so I too may proclaim with full integrity to others, “taste and see that the Lord is Good”!

Pastor Gary