

[Psalm 34:8] Taste and see that the Lord is good.

MY EARLY EXPERIENCE = BIBLE = KNOWLEDGE

NEW IDEA = THE BIBLE IS LIKE A RECIPE FOR EXPERIENCING GOD & UNDERSTANDING MYSELF

RECIPES CONTAIN: INGREDIENTS / TECHNIQUES / TOOLS

- **INGREDIENTS - Ingredients are essential in order to produce the final product, but they also inform what we should experience when we taste that final product.**
 - **[Exodus 34: 5-7]**

Then the Lord came down in a cloud and stood there with him; and he called out his own name, Yahweh. The Lord passed in front of Moses, calling out, “Yahweh! The Lord! The God of compassion and mercy! I am slow to anger and filled with unfailing love and faithfulness. I lavish unfailing love to a thousand generations. I forgive iniquity, rebellion, and sin. But I do not excuse the guilty.
 - **[Genesis 1:27]**

So God created human beings in his own image. In the image of God He created them; male and female He created them.
- **TECHNIQUES - OUR RESPONSIBILITY - SPIRITUAL PRACTICES ARE THE TECHNIQUES THAT GOD USES TO ENHANCE THE COMBINATION OF INGREDIENTS**
 - **SEE SPIRITUAL PRACTICE TABLE AT THE END**
- **TOOLS - GOD’S RESPONSIBILITY - GOD PROVIDES THE TOOLS IN CONJUNCTION WITH OUR SPIRITUAL PRACTICES TO PRODUCE TRANSFORMATION**
 - **HOLY SPIRIT / CHURCH / PEOPLE / CIRCUMSTANCES**
- **SOMETIMES GOD USES A TOOL TO PRODUCE HEAT - THIS HEAT RESULTS IN TRANSFORMATION THAT IS NOT POSSIBLE WITHOUT THE HEAT**

PARENTS

- **ABOVE ALL ELSE, YOUR CHILDREN NEED TO TASTE THE LORD**
 - **YOU CAN HELP THEM UNDERSTAND THE INGREDIENTS GOD USED**
 - **THE TECHNIQUES REQUIRED**
 - **DO NOT PROTECT THEM FROM THE HEAT**
 - **YOU CANNOT EXCELERATE THE PROCESS**

- **OUR LIFE IS AN ONGOING CYCLE OF WHAT WE'VE DONE TODAY AND WE NEED SCRIPTURE IN ORDER TO HAVE GOD'S PERSPECTIVE OF IT ALL**

INVITATION: MEDITATION THANKSGIVING CONFESSION PRAYER WORSHIP

CLOSE EYES

JAMES 1:17 - EVERY GOOD AND PERFECT GIFT IS FROM ABOVE

ASK GOD TO BRING TO YOUR MIND EVERY GOOD THING CURRENTLY IN YOUR LIFE

EXPRESS THANKSGIVING TO HIM

CONFESS WHAT YOU WISH PEOPLE WOULD EXPERIENCE MORE OF WHEN THEY ARE AROUND YOU

Lets pray this prayer together:

Leader:

**O Lord our God,
You are the One who formed us in our mother's womb,
who knows us completely and loves us perfectly.
Before we spoke a word, You knew us.
Before we took a step, Your hand was upon us.
Before we sought You, Your heart was already turned toward us.**

People:

**We give thanks, for we are fearfully and wonderfully made.
We are Your workmanship, created in Christ Jesus for good works,
which You prepared beforehand for us to walk in.**

Leader:

**Father, when we are weary,
remind us that You do not look upon us with disappointment,
but with the affection of a loving Father.
You rejoice over Your children with gladness.
You quiet us with Your love.
You sing over us with joy.**

People:

Your steadfast love never ceases.

Your mercies are new every morning.

Great is Your faithfulness.

Leader:

When we see only our failures,

help us remember Your promises.

What You have begun, You will complete.

What You have planted, You will cause to flourish.

What You have spoken, You will bring to pass.

People:

We trust the One who is faithful.

We believe that all things work together for good

for those who love You and are called according to Your purpose.

Leader:

Father, awaken hope within us.

Give us courage to believe that our best days are not behind us,

for You are still working,

still shaping,

still calling,

still restoring.

Create in us a deeper hunger for righteousness,

a greater capacity for love,

and a stronger desire to know You.

People:

Make us into all that You have created us to be.

Leader:

May we become men and women marked by faith,

anchored in hope,

abounding in love,

filled with joy,

steadied by peace,

strengthened with patience,

overflowing with kindness,

established in goodness,

walking in faithfulness,

clothed in gentleness,
and governed by self-control.

People:

For it is God who works in us,
both to will and to work according to His good pleasure.

Leader:

And now, Lord,
with confidence we entrust ourselves to Your care.
You are the Author and Finisher of our faith.
You are the Good Shepherd who leads us.
You are the Potter who shapes us.
You are the Vine in whom we live.
You are the Father who delights in His children.

All:

We receive Your love.
We trust Your work.
We embrace Your calling.
And we look forward with hope,
knowing that He who promised is faithful.

Through Jesus Christ our Lord,
who lives and reigns with the Father and the Holy Spirit,
one God, now and forever.

Amen.

Spiritual Practice	Key Scripture(s)
Prayer	Matthew 6:5–13; 1 Thessalonians 5:17
Bible Study	Psalm 1 1:2–3; Joshua 1:8
Worship	John 4:23–24; Psalm 95 95:1–7
Fasting	Matthew 6:16–18; Acts 13:2–3
Silence & Solitude	Mark 1:35; Psalm 46 46:10
Sabbath	Exodus 20:8–11; Hebrews 4:9–11
Community	Acts 2:42–47; Hebrews 10:24–25
Serving	Mark 10:45; Galatians 5:13
Generosity	2 Corinthians 9:6–8; Matthew 6:1–4
Evangelism	Matthew 28:18–20; Acts 1:8