

Peace for the Journey ... May 11, 2010

Scripture Reading: [Psalm 119:97-112](#)

"O taste and see that the Lord is good; happy are those who take refuge in him." (Psalm 34:8)

Have you ever eaten an entire meal without really tasting one bite? Other than deciding, "I like this," do you really taste the food that provides strength and sustenance for your life? Thankfully, the food does not need you to taste it in order for it to nourish your body, but you may be missing a golden opportunity if you eat mindlessly on a regular basis. Paying attention to what you eat -- slowing down long enough to taste your food - is part of being thankful. Remembering to taste your food when you eat is an important first step in thanking God for answering your prayer, "Give us this day our daily bread."

"O taste and see that the Lord is good ..."

The more important question may be whether your eating habits reflect your relationship with God. When Biblical writers use the image of eating and tasting to describe their relationship with God's word, they invite you to pay attention to the words of Scripture as you read and hear them. Instead of "in one ear and out the other," Scripture is intended to be savored, enjoyed, and digested. Just as food is turned into energy for human life, the Word of God, when taken internally, is turned into energy for faithful living, for service, for witness, for obedience.

The next time you eat, pay attention to what you're doing. Taste and see that God is good: give thanks to God.

The next time you read Scripture, pay attention to what you're doing. Taste and see the goodness of God's Word. Let the Word of God nourish your heart and mind as the food you eat nourishes your body.

"O taste and see that the Lord is good ..."