

## Daily Readings

# Week 5 - Journey into Tasting

Beginning Sunday 29th March with

The Last Supper  
Mark 14:12-28

Psalm 81

Theme of the week:

***Taste teaches us about God's desire to take care of us***

## Monday 30 March

Tasting God  
Psalm 34:1-10

Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away.

- <sup>1</sup> I will bless the LORD at all times;  
his praise shall continually be in my mouth.
- <sup>2</sup> My soul makes its boast in the LORD;  
let the humble hear and be glad.
- <sup>3</sup> O magnify the LORD with me,  
and let us exalt his name together.
- <sup>4</sup> I sought the LORD, and he answered me,  
and delivered me from all my fears.
- <sup>5</sup> Look to him, and be radiant;  
so your faces shall never be ashamed.
- <sup>6</sup> This poor soul cried, and was heard by the LORD,  
and was saved from every trouble.
- <sup>7</sup> The angel of the LORD encamps  
around those who fear him, and delivers them.
- <sup>8</sup> O taste and see that the LORD is good;  
happy are those who take refuge in him.
- <sup>9</sup> O fear the LORD, you his holy ones,  
for those who fear him have no want.
- <sup>10</sup> The young lions suffer want and hunger,  
but those who seek the LORD lack no good thing.

### How does this passage relate to the theme?

The psalmist uses the imagery of taste and feeding when he wants to make us think of God's goodness towards us. Salvation, being kept safe from enemies, is like being fed because just as God gave his people manna when they were starving, so he will save them from danger. So seeking refuge in God through faith means that we will be fed and will lack nothing. So we can 'taste' and discover the goodness of God towards us. God attends always to our physical and spiritual needs.

**Question for reflection:**

*How can the gift of tasting our food and drink today make us more mindful of God's goodness?*

**Tuesday 31 March**

The gift of taste

Exodus 16:1-3, 13-18, 35

<sup>16</sup>The whole congregation of the Israelites set out from Elim; and Israel came to the wilderness of Sin, which is between Elim and Sinai, on the fifteenth day of the second month after they had departed from the land of Egypt. <sup>2</sup>The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. <sup>3</sup>The Israelites said to them, 'If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger.'

<sup>13</sup> In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. <sup>14</sup>When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. <sup>15</sup>When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the LORD has given you to eat. <sup>16</sup>This is what the LORD has commanded: "Gather as much of it as each of you needs, an omer to a person according to the number of persons, all providing for those in their own tents." ' <sup>17</sup>The Israelites did so, some gathering more, some less. <sup>18</sup>But when they measured it with an omer, those who gathered much had nothing over, and those who gathered little had no shortage; they gathered as much as each of them needed. <sup>35</sup>The Israelites ate manna for forty years, until they came to a habitable land; they ate manna, until they came to the border of the land of Canaan.

**How does this passage relate to the theme?**

This feeding miracle is powerfully connected to God's care for his chosen people. The Israelites are starving and complaining to Moses that they were physically better off in Egypt where they did not go hungry. Yet the Lord responds by a miracle of mysterious food that the people do not recognise. Moses, their leader, sees this 'manna' is nourishment and the people can gather and eat this food. This is their daily bread, with none being hoarded and no-one going short. Each person has just enough for their needs. So this feeding miracle comes with an insight into God's care for the creation. Each person has enough. No person profits at another's expense; no one has less than another. God provides for the needs of each person for each day.

**Question for reflection:**

*What do you feel about the way global hunger is addressed today? How can we learn from the Lord's example?*

**Wednesday 1 April**

Tasting the Word

Psalms 119:97-104

<sup>97</sup>Oh, how I love your law!

It is my meditation all day long.

<sup>98</sup>Your commandment makes me wiser than my enemies,  
for it is always with me.

<sup>99</sup>I have more understanding than all my teachers,  
for your decrees are my meditation.

<sup>100</sup>I understand more than the aged,  
for I keep your precepts.

<sup>101</sup>I hold back my feet from every evil way,  
in order to keep your word.

<sup>102</sup>I do not turn away from your ordinances,  
for you have taught me.

<sup>103</sup>How sweet are your words to my taste,  
sweeter than honey to my mouth!

<sup>104</sup>Through your precepts I get understanding;  
therefore I hate every false way.

### How does this passage relate to the theme?

In several places in scripture, God's word is compared to sweetness, especially the sweetness of honey. God's word to us 'tastes' good. The psalmist uses this image to explain the joy of learning and understanding more about God: just as we enjoy, even crave sweet-tasting things, so we can want more of God's word. The reward of sweetness helps the psalmist to be obedient and to honour the commandments. Following the Lord is not drudgery, but pleasure, like the pleasure of tasting honey.

### Question for reflection:

*How often do you delight in God's word like the psalmist does?*

## Thursday 2 April

Effective taste

Matthew 5:13-16

<sup>13</sup> 'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot.

<sup>14</sup> 'You are the light of the world. A city built on a hill cannot be hidden. <sup>15</sup>No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. <sup>16</sup>In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

### How does this passage relate to the theme?

Jesus talks about his followers as a distinctive taste. When we taste salt, sour, sweet, bitter and glutamates, we recognise each in a particular way and know what they are. So if that distinctive taste disappears, we won't recognise what we are tasting for what it is. So the disciples need to be a 'taste' among the people, as well as a 'light' for people to recognise. If we just disappear, cover up or blend in, people will not see Christian witness and see Christ working in us.

### Question for reflection:

*What flavour is your Christian community....?*