



## BREAKING THE ICE

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What's the best thing you ever tasted? Describe it.

What's the worst thing you have ever tasted? Describe it.

Last week we talked about the idea of being untouchable. How did you show love to someone who experiences feeling untouchable this last week?

## MAIN CONTENT

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This week Pastor Drew Powell talked about being awakened to the taste of goodness God provides. Our first scripture from the message comes from the book of Psalms.

### **Read Psalm 34:8**

1. What does it mean for you to taste and see that the Lord is good?

We experience taste with flavor. The main flavors are salty, sweet, bitter, sour and savory. Each flavor brings different experiences to our lives. We tend to want the sweet life. The life that is easy. But life gives us different flavors and it's up to us on how we process through them.

2. If you had to choose your favorite flavor sweet, salty, savory, bitter or sour which would you choose and why?

Each flavor has emotion and life experience tied to it. Life can be sweet and really good. Life can be salty with anger present.

3. Talk about a sweet time in your life where it felt good and God felt near. What about a time where you had anger? Did you feel the goodness of God in the midst of your anger?

Life can also have pain which can lead to bitterness. Too much bitterness doesn't taste good. Toxic relationships in your life can lead it to feel sour. Too much sour can dull your flavor to what is good.

We can find the goodness of God in all of these situations. We just have to remember God is good even in the midst of our pain and suffering.

4. How do you balance the sour and bitter parts of your life with knowing God is still good in the midst of it?

When we are waiting on God, we can savor the moment. Waiting can be good, like the birth of a child or a new beginning. Other times waiting can be painful like a long goodbyes to a loved one. We have a choice to savor who God is, to know and trust Him in the waiting.

God is present in all of the flavors of our life. He is present in the sour, bitterness, salty, savory and sweet. Many times we want God to rescue us from the flavor, to move past it quickly so it will be easy but He wants to sit with us in it.

5. How do you live in the tension of knowing God is good even though things don't work like you thought they would? Describe a time you felt this way.

Life is hard but God is still good. We can pray and ask Him to be near, we can pray for miracles.... and even if it doesn't work out like we thought, He is still good.

#### **Read John 10:7-10**

God never promised us a life that would be perfect and everything we want and need. But He did promise us a life of peace with Jesus. Living life to the fullest is living a life with access to the peace Jesus gives us and His peace is sweet.

6. When have you felt the most peace in your life? What brought you that peace? How can you live your life full of peace?

## **CLOSING PRAYER**

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God, thank you for sending us Jesus who brings peace to our lives. Thank you that with Him we can handle the salty, savory, bitter, sour and sweet things life brings us. Help us engage with you when life gets hard; to hold both the salty, bitter, sour, savory and sweet parts of life together knowing You are in the midst of it and You are good. Thank you for the peace you give us, let us feel it and experience it. Let us help others experience your peace as we pray and care for each other. Amen.

## **ACTION STEP**

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+ Which flavor is present in your life right now; salty, sweet, savory, bitter or sour? Do you feel and sense God's goodness in this season? Spend some time this week journaling about what you are feeling and ask God to come be present in it.

+ Take time this week to thank God for 5 things each day. Gratefulness opens our hearts to find the good things and thank God for being a part of it.

+ Pair up with someone in your group and agree to pray for one another this week.

+ Start reading through the book of Mark with us this week. We will have our devotions online at <https://crosspoint.tv/mark/>