

## E-DEVOTION FOR FEBRUARY 2

I am reflecting on our five senses as I write these devotional thoughts. I have to say, 'sight' and 'smell' were interesting. And NOW... I'm thinking about 'taste.'

As I have mentioned before, food is a powerful thing for me. I remember my grandmother... when she made a meal and everyone would exclaim and exclaim about how delicious all the food was, her response always went like this... "**dette smaker ikke sa godt.**" In other words, "it's really not as good as it should be." The dear woman just couldn't take a compliment... it wasn't in her 'Norwegian' makeup.

But it **was** wonderful! All those old Scandinavian delicacies were her specialty. The taste comes back to me when I close my eyes and dwell on... potato sausage, warm lefse with sugar, right off the grill, and of course... lutefisk.

(Well, we have heard it said... "One person's passion may be another's poison!")

In Psalm 34:8, we read... "*Taste and see that the Lord is Good.*" And just how do we 'taste' the Lord? There are various thoughts on that, but I like to think about our sense of taste as we share in the Lord's Supper. When those words are said over the elements we share... "*This is the body of Christ.. .this is the blood of Christ,*" we have the opportunity to taste the goodness of our Lord. It is a holy moment as we share in His very body and blood, not only with one another, but with the angels and the archangels who surround us.

So, when I share in the Holy Communion with you, as we have the opportunity to do through our online worship experience, I often close my eyes and feel the presence of my grandparents, my parents and those who have gone before me. The angels and the archangels, who are cheering me on through this life.

And I often hear in my mind my beloved grandmother saying... "**Maten smaker godt!**" "That tasted good." And it does. It is the best of all the tastes there are.

Join with me as a Family of God, sharing that Good Meal... "Taste and see that the Lord is good."

Wear a mask... keep washing your hands, fold them and bow your head. Thank God for the chance to taste and see how good God really is.

Pray with me: "Dear Lord, thank you for coming to us in the bread and the wine. So often we need a real reminder of how good you really are. There are days when we search for your presence and then... there you are. Right in front of us in the simplest of elements. We give you thanks for that. Strengthen us in our journey and give us insight to see the right road to travel. Amen. In Jesus' Name, Amen.