

March 10, 2019

LENT #1: SENSING THE GOSPEL:

TASTE

John 2.1-10, Psalm 34.8, 1 Peter 2.1-3

Taste and see that the LORD is good; blessed is the one who takes refuge in him. Psalm 34.8

Therefore, rid yourselves of all malice and all deceit, hypocrisy, envy, and slander of every kind. Like newborn babies, crave pure spiritual milk, so that by it you may grow up in your salvation, now that you have tasted that the Lord is good. 1 Peter 2.1-3

Do you want to fast this Lent?

- Fast from hurting wordsand say kind words.
- Fast from sadness.....and be filled with gratitude.
- Fast from angerand be filled with patience.
- Fast from pessimismand be filled with hope.
- Fast from worries.....and trust in God.
- Fast from complaintsand contemplate simplicity.
- Fast from pressuresand be prayerful.
- Fast from bitternessand fill your heart with joy.
- Fast from selfishnessand be compassionate to others.
- Fast from grudgesand be reconciled.
- Fast from wordsand be silent so you can listen.

--Pope Francis

DIANNA'S MARINADE

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|-------------------------|----------------------------------|
| 3/4 c. oil | 1 T. dry mustard |
| 6 T. soy sauce | 1 tsp. salt |
| 2 T. water | 1/2 tsp. pepper |
| 1/4 c. red wine vinegar | 1 tsp. parsley flakes |
| 1/3 c. lemon juice | 1 clove garlic (1/2 tsp. minced) |

Mix & shake ingredients. Pour over meat for at least 4 hours or overnight. Good for chicken or beef.

Shared by friend Janis, Louisville, KY.

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What is God saying to me?

What am I going to do about it?