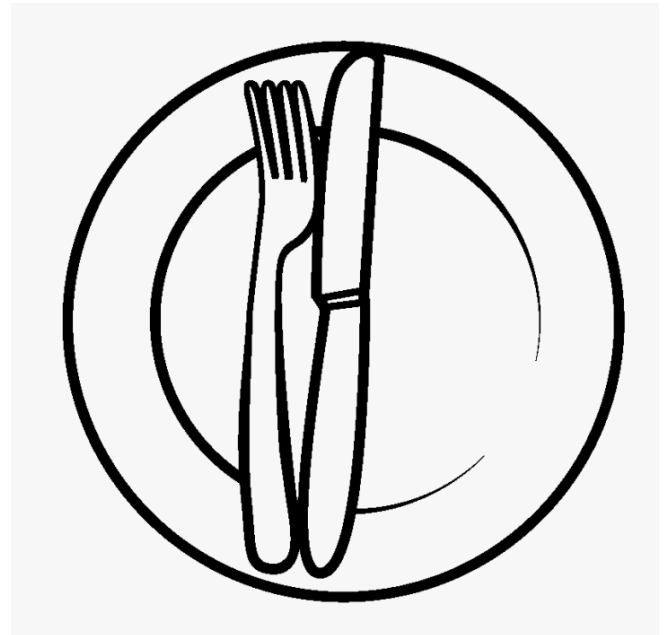


Thursday 25th February 2021- Kitchen



So do not worry, saying, 'What shall we eat?' or 'What shall we drink?'

Open a kitchen or pantry cupboard, and what do you find?

How full is it? Is it tidy?

How many items are past their use date? Do you have more than you need?

Jesus said 'Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for bread, will give a stone? Or if the child asks for a fish, will give a snake? If you then, who are evil, know how to give good gifts to your children, how much more will your Father in heaven give good things to those who ask him! 'In everything do to others as you would have them do to you; for this is the law and the prophets.

Matthew 7:7-12

Activity

Take an empty plate – place an item of food upon it.

Before eating: look at it, smell it, savour it

Then eat, with thankfulness.

Listen to this song: In the Lord I'll be ever thankful

<https://www.youtube.com/watch?v=Slj2qCadeGI>

In the Lord I'll be ever thankful
In the Lord I will rejoice.
Look to God, do not be afraid
Lift up your voices the Lord is near,
Lift up your voices the Lord is near.