**Session 7**

**Psalm 34:8**

Taste and see that the LORD is good. How happy is the person who takes refuge in him!

**Resources:**

* Labels and pens
* Ice breaker questions PowerPoint
* Meal
* Video Countdown Timer
* Doughnuts and string
* Notices
* Snack wars clip
* Prepared talk
* Psalm 34 song clip
* Lollies

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| **Time** | **Who?** | **Item** | **Length** |
|  |  | **Doors open, name labels given, ice breaker questions on screen** | **30 min** |
|  |  | **Meal** | **25 min** |
|  |  | **Five-minute video countdown Timer** | **5 min** |
|  |  | **Game – Doughnuts on a string (worth the hassle)** | **10 min** |
|  |  | **Notices and Encouragements** | **5 min** |
|  |  | **Snack wars video** | **5 min** |
|  |  | <https://www.youtube.com/watch?v=BDu_3EEwPy8> | |
|  |  | **Taste test: Blindfold and taste (check for food allergies first!)**  **What is good, what isn’t?** | **10 min** |
|  |  | **Talk** | **5 mins** |
|  |  | How do you know if a food is good? You have to taste it! How many of us have thought we wouldn’t like the taste of something until we tried it?  Until we get to know God, what He is like and how He loves – we won’t know how Good He really is. And the amazing thing is that He invites us to get to know Him through Jesus. And we can experience His goodness and love; truly knowing how Good He is. | |
|  |  | **Psalm song – Shane and Shane** | **5 min** |
|  |  | [Psalm 34 (Taste and See) - YouTube](https://www.youtube.com/watch?v=DciMh_ciwkk&list=PL_inAt27a7X32JYlUR5mo0na5j9HXSqVb&index=3)  As this song plays give out lollies for everyone. | |
|  |  | **Closing Prayer** | **2 min** |
|  |  | Pray whilst eating it asking God to reveal his Goodness and love to them. | |
|  |  | **End** |  |