



Feast on the Bible's big meal –  
to draw strength for today and tomorrow

## YOUTH ACTIVITY: TASTE AND SEE

A youth activity to suit young people of all ages and abilities. *Taste and See* combines a progressive meal with smoothie-making and a message related to this year's Bible Sunday. As described here, you'll want the best part of two hours to do it. You could save time by picking up more than one ingredient at each venue.

### Aims:

- To show that stories in the Old Testament often take on a whole new meaning when looked at from the New Testament. (This way we can enjoy even more of the Bible's big feast.)
- To make clear that real life comes through Jesus.
- To make some tasty smoothies!

### Set up:

- Arrange four different venues (e.g. homes of youth group leaders or church members) from where each ingredient can be picked up. These will need to be on a route that is easily walked in the time available, say five to ten minutes apart. Make copies of the route for the group leaders.
- Choose a smoothie recipe (or more than one. You could pick up several ingredients from each venue, giving you a greater variety of final recipes. See accompanying sheet.) Make sure you have enough ingredients for all taking part.
- Gather at least one smoothie maker/blender and enough glasses for everyone.
- Copy and cut up enough copies of the Bible readings for everyone.

### Activity:

- Explain that the group is going to be looking at some bits of the Bible which talk about eating – and there'll be something to eat (but no locusts). They'll have to earn it, though, by collecting the ingredients from different places and putting it together – a real chance to bring out their inner Jamie Oliver! Set out to the first venue.

#### First venue:

- Explain that you're going to look at a story about how God can teach us through food. Hand out the scripts for the first reading. Choose some confident people for the parts of the Narrators, God and Moses (the Israelites can be played by a number of people). Read it out. Afterwards ask:

Why did God say that he would feed the Israelites in this way, giving them all these instructions? Why didn't he just lead them all to the nearest takeaway? (To see if they would follow his instructions).



# Bible Sunday 2007

- Say you'll be looking at this story more later, but now it's time to get their first recipe ingredient. Collect this and ask if anyone has any guesses about what they're making. Move on to the second venue.

Second venue:

- Ask again why God fed the Israelites with manna. (Hopefully they'll still remember!). Explain that they're now going to see another reason. Hand out the second reading and read it as a group. Ask:

What are the other ways in which we depend on God apart from food? (e.g. Can we make the sun shine? Can we be sure we aren't going to catch an illness this week? In everything that's out of our control we depend on God).

- Collect the second ingredient (see if anyone's closer to guessing the final product) and move on to the third venue.

Third venue:

- Ask:

Is anyone getting hungry yet? Where do you normally get your food from? Where does the food in your house come from?

What would you do if there were no supermarkets or shops around? What if you were in the middle of the desert with no food around? How long do you think you'd live?

How would you feel if, like the Israelites, God gave you manna to eat?

Say that the people at Jesus' time thought what God had done for the Israelites centuries before in the desert was amazing. Now they challenged Jesus to do the same to prove that God had really sent him.

- Hand out copies of the third reading and assign people to read the parts of Jesus and the crowd (again, several people can be the crowd). Afterwards ask:

Jesus says he's offering something even better than the manna in the desert. What's he offering? (Bread of God.)

The crowd said they wanted the bread of life. What about you? If God could give you food which, if you ate it, would mean you could live for ever, would you want it?

- Collect the third ingredient and move on to the final venue.

Final venue:

- Ask again:

What did Jesus say he was offering that was even better than manna? Pizza? Burgers?

Explain that you're now going to look at your last bit from the Bible. Hand out the final reading and read it out.

- Ask:

What or who is the Bread of Life?

Jesus talks about eating the Bread of Life so that we can live for ever. Sounds a bit odd. How do we eat Jesus? What does he mean? (Believing in him, trusting and following him as his first disciples did. As he says 'Whoever believes in me has eternal life'. Just as we eat bread to give us life now, if we believe Jesus he will give us life for ever).

Sounds a good offer. Who's the offer open to? (Anyone!)



# Bible Sunday 2007

If we look at just one bit of the Bible on its own, it might not make all that much sense. Put the different bits together and things start to become clearer. In the same way, one ingredient of a recipe on its own won't make a meal. It might not even be very edible (think spices, garlic, onions, etc). They're hard to eat on their own but add bags of flavour as part of a whole meal. In the same way, parts of the Bible can be hard to read on their own. But put them together with the rest of the Bible and we get a much clearer picture of who God is, what he wants for us and what he's up to in our world.

- You may want to point out as well that, as English speakers, we're privileged to have the whole Bible in our language. Many people in the world only have small bits of it, if they have any. Less than one in ten of the world's languages has the whole Bible; only one in six has the full New Testament. How much would the group have missed out on if they'd only heard the first reading today? Or if even that one was in a language you barely know?
- Close by saying that you're going to pray to say thank you for the food you're about to have. But give thanks too for having the whole Bible in our own language. Praise God for the offer, through Jesus, of life lived to the full now and eternal life for ever. Pray that those who don't yet understand what it is that Jesus is offering will come to understand and accept it for themselves, and that those who have already accepted it will carry on trusting and following God day by day, like the Israelites in the desert.

## Finally:

- Give the young people their final ingredient and ask if they can guess what they're making before revealing that it's smoothies. (If you have planned for more than one recipe you might want to give them the options at this point).
- In an orderly fashion, take it in turns for each person to put their ingredients in the blender/smoothie maker. (*Make sure that this is supervised.* You may want to keep control of the power switch yourself!)
- Enjoy the finished product!

Core idea: Jamie Hill

Idea development: Tim Crooks

Jamie Hill is a worship leader, songwriter and performer and Bible Society (England & Wales) Events Officer.

Tim Crooks is a Berkshire-based scriptwriter, who claims that his best writing is the result of his cat walking across the keyboard.



## TASTE AND SEE YOUTH ACTIVITY: SMOOTHIE RECIPES

Choose which smoothie recipes you want to make. The proportions of ingredients shown should make one serving of smoothie, but in practice you may wish to spilt one 'batch' between two people to start with to avoid waste.

Pick up the ingredients in the order shown but don't distribute them until you are ready to make the recipes at the final venue. (You don't want to be wandering around with young people each trying to carry teaspoons of ginger!)

To make, simply put all the ingredients in the smoothie maker/blender and blend.

**IMPORTANT:** Before deciding on recipes, check if any of the young people have any allergies (e.g. Lactose intolerance. Soya milk can be substituted for milk but you may find it harder to replace yoghurt and ice cream. Also check on nut allergies.)

### **Zingy Banana**

- 2 bananas
- 2 tablespoons vanilla
- 2 teaspoons ginger spice
- 500ml yoghurt

### **Power Smoothie**

- 1 banana
- 2 apples (cored)
- 200ml coconut milk
- 1 tablespoon wheatgerm

### **Spicy Orchard**

- 2 apples (cored)
- 2 pears (cored)
- 1 teaspoon cinnamon
- 1 scoop vanilla ice cream

### **Bananarama Chocoholic**

- 1 banana
- 6 squares chocolate
- 150ml milk
- 2 scoops chocolate ice cream

### **Peach Cobbler**

- 2 sliced peaches
- 1/4 teaspoon cinnamon
- 500ml yoghurt
- small handful ice (preferably crushed)

### **Cool Berry**

- 1/4 teaspoon nutmeg
- 2 teaspoons honey
- 500ml milk
- 100g frozen berries (any variety)

### **Kiwi Komforter**

- 1 banana
- peeled kiwi fruit
- 250ml milk
- 2 scoops vanilla ice cream

### **Strawberries and Cream**

- 150g strawberries
- 250ml milk
- 150ml yoghurt
- small handful ice (preferably crushed)

### **The Nutty One**

- 1 banana
- 3 tablespoons peanut butter
- 200ml milk
- small handful ice (preferably crushed)



BRIATHAR DÉ NOCHTATHE DO CHÁCH  
GOD'S WORD OPEN FOR ALL  
National Bible Society of Ireland

## YOUTH ACTIVITY: TASTE AND SEE – BIBLE READINGS

### Reading 1 (Based on Exodus 16)

- NARRATOR 1: Two months after God's people, the Israelites, had been led out of slavery in Egypt, they began to complain to Moses, their leader, that they had no food.
- ISRAELITES: Why didn't GOD let us die in comfort in Egypt where we had lamb stew and all the bread we could eat? You've brought us out into this wilderness to starve us to death!
- NARRATOR 2: GOD said to Moses
- GOD: I'm going to rain bread down from the skies for you. The people will go out and gather each day's ration. I'm going to test them to see if they'll live according to my teaching or not. On the sixth day, when they prepare what they have gathered, it will turn out to be twice as much as their daily ration.
- NARRATOR 1: Moses told the People of Israel
- MOSES: You will know that it is GOD who brought you out of Egypt. In the morning you will see the Glory of GOD. Yes, he's listened to your complaints against him. You haven't been complaining against me, you know, but against GOD.
- NARRATOR 2: In the morning there was a layer of dew all over the camp. When the layer of dew had lifted, there on the wilderness ground was a fine flaky something, fine as frost on the ground. The Israelites took one look and said to one another
- ISRAELITES: Manna?
- NARRATOR 1: Which means 'What is it'? They had no idea what it was.
- MOSES: It's the bread GOD has given you to eat. And these are GOD's instructions: 'Gather enough for each person; gather enough for everyone in your tent.'
- NARRATOR 2: The People of Israel went to work and started gathering, some more, some less, but when they measured out what they had gathered, those who gathered more had no extra and those who gathered less weren't short—each person had gathered as much as was needed. Moses said to them
- MOSES: Don't leave any of it until morning.
- NARRATOR 1: But they didn't listen to Moses. A few of the men kept back some of it until morning. It got wormy and smelled bad. And Moses lost his temper with them.
- NARRATOR 2: They gathered it every morning, each person according to need. Then the sun heated up and it melted. On the sixth day they gathered twice as much bread, about four quarts per person. They set aside what was left until morning, as Moses had commanded. It didn't smell bad and there were no worms in it.

# Bible Sunday 2007

**MOSES:** Now eat it; this is the day, a Sabbath for GOD. You won't find any of it on the ground today. Gather it every day for six days, but the seventh day is Sabbath; there won't be any of it on the ground.

**NARRATOR 1:** But some of the people went out to gather anyway. They didn't find anything. GOD said

**GOD:** How long are you going to disobey my commands and not follow my instructions? Don't you see that I have given you the Sabbath, a day for resting? So on the sixth day I give you bread for *two* days. So, each of you, stay home. Don't leave home on the seventh day.

## Reading 2 (Deuteronomy 8.3, NIV)

God humbled you, causing you to hunger and then feeding you with manna, which neither you nor your fathers had known, to teach you that man does not live on bread alone but on every word that comes from the mouth of the LORD.

## Reading 3 (Based on John 6.30–34)

**CROWD:** Show us what you can do. Moses fed our ancestors with bread in the desert. It says so in the Scriptures: 'He gave them bread from heaven to eat.'

**JESUS:** The real significance of that Scripture is not that Moses gave you bread from heaven but that my Father is right now offering you bread from heaven, the real bread. The Bread of God came down out of heaven and is giving life to the world.

**CROWD:** Master, give us this bread, now and forever!

## Reading 4 (John 6.47–51, *The Message*)

Whoever believes in me has real life, eternal life. I am the Bread of Life. Your ancestors ate the manna bread in the desert and died. But now here is Bread that truly comes down out of heaven. Anyone eating this Bread will not die, ever. I am the Bread – living Bread! – who came down out of heaven. Anyone who eats this Bread will live – and forever!

Permission is given to reproduce and print off text for leader and congregational use within a Bible Sunday youth activity that highlights the work of Bible Society. Otherwise, prior permission should be sought from Bible Society before this material is reproduced or circulated in any form other than for personal use.

6 Youth Activity: *Taste and See*

All material © Bible Society 2007.  
New International Version quotes © 1973, 1978, 1984  
International Bible Society.  
*The Message* quotes © 2002 by Eugene Peterson



