

Discover God's Flavor in
Your Personality, Passions,
and Purpose



Taste and See

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SAVOUR

Tasting God's Flavor in Your Personality, Passions, and Purpose

SAVOUR leads you to a buffet of God's purposes for your life where you will discover your unique experiences, strengths, and dreams. Imagine opening up the door to a banquet room. Immediately, you can smell the aroma of the feast that awaits you. Your mouth waters in anticipation of the incredible flavors you are about to enjoy. This smorgasbord is inviting and you can't wait to savour each and every bite.

Filled with devotions and personal stories, *SAVOUR*, will guide you down a delicious buffet of God's purposes. In this six-week study you will begin your on-purpose journey by being Spirit-led, Adventurous, Valuable, Obedient, Unselfish, and Responsible.

*"Open your mouth and taste, open your eyes and see— how good God is.
Blessed are you who run to him." Psalm 34:8 MSG*

***SAVOUR* the best God has for your life!**

Week One – Spirit-led: Are you longing to know your life's purpose? Your purpose will be found in God and His word. Taste His goodness by staying in contact with Him daily – savour the Savior. Begin praying for discernment and wisdom. Learn to listen by **journaling**.

Week Two – Adventurous: Stepping up to God's buffet of goodness, you have to be available and willing to experience new tastes each day. As you head down the buffet line, do not compare your **personality** to others. God is uniquely preparing a plate just for you.

Week Three – Valuable: In this smorgasbord of life, it is hard to recognize and know your **strengths**. However, finding those strong points unique to you will help you savor each moment on your journey with purpose. Giving attention to the strong areas in your life will help you bear more fruit for God's kingdom.

Week Four – Obedient: Many good purposes come and go. The one thing that remains constant is that God expects you to be obedient and faithful to where He has called you to use your **spiritual gifts**. Many times this means you will be uncomfortable and stretched.

Week Five – Unselfish: This buffet, journey, and life is not about you. God has blessed you so that you can bless others. Savouring all God has to offer comes by reaching out and **serving others**. It is helping "the least of these" just as Jesus did.

Week Six – Responsible: Our six-week journey is over; however, this is just the beginning. A feast awaits you daily – *SAVOUR* it! You are responsible to continually put these things into practice, while stretching, growing and serving others. Having **accountability partners** by your side will help you stay the course, plus it's exciting to share this delicious journey.

Week Three

Valuable



To live on purpose you must see your value and worth. You are a precious child of God. Not only that, God thinks you are something so special He has called you to be God-flavoring to those around you.

Seeing our own significance in this life is hard. Mainly because we live in a world that puts us down, restricts our forward movement, and tries to conform us to its mold from the day we are born. It is no wonder many suffer from an identity crises.

When our identity is found in Christ and all that He has to offer, we can lift our heads high and see all that is available on the buffet before us. We are all different and we will see the smorgasbord differently; however, it is a delicious and priceless feast for those willing to step up and taste.

Come, taste and see just how valuable you are to the Kingdom.

Day One

Time to Take Responsibility



“This is a terrific responsibility. Is anyone competent to take it on? No— but at least we don't take God's Word, water it down, and then take it to the streets to sell it cheap. We stand in Christ's presence when we speak; God looks us in the face. We get what we say straight from God and say it as honestly as we can.”

2 Corinthians 2:16 MSG

Seeing our own value is hard because we know ourselves too well. From the moment we are born and cognizant of our actions, we are aware of each flaw we have. Not to mention our awareness of the mistakes we've made and our inability to truly forget them. Let's face it, we focus more on our weaknesses and what we need to correct than we do on our God-given strengths.

List the weaknesses that you find yourself focusing on.

You now have a decision to make. Are you going to continually keep going back to your former ways of thinking or are you going to decide to live a life focusing on your strengths in Christ? Until you can say, “This is the day I'm no longer focusing on my weaknesses” you will continually be caught up in the trap of thinking you have nothing of value to offer.

“Since Jesus went through everything you're going through and more, learn to think like Him. Think of your sufferings as a weaning from that old sinful habit of always expecting to get your own way. Then you'll be able to live out your days free to pursue what God wants instead of being tyrannized by what you want.” (1 Peter 4:1,2 MSG)

Have you ever thought about the reasons you continually put yourself down? For so many of us our negative thought processes began at such a young age that they have now become an old sinful habit. We've let family, friends, and the world tell us who we

should be for so long that we've lost our unique identity – the identity that God created us with. Some of us have trained ourselves to see the negative. We want to be perfect. We want to measure up. We want to stand out. With those thoughts continually in our minds, we will never discover our own value.

Read Psalm 139:23-24.

With God's help examine who or what has influenced your self image?

God certainly didn't create any junk. When we put ourselves down we are criticizing the unique artwork and masterpiece of God. It's time we take responsibility and begin to think like Jesus. It's time we see the uniqueness with which we were shaped.

Oh yes, you shaped me first inside, then out;
you formed me in my mother's womb.
I thank you, High God—you're breathtaking!
Body and soul, I am marvelously made!
I worship in adoration—what a creation!
You know me inside and out,
you know every bone in my body;
You know exactly how I was made, bit by bit,
how I was sculpted from nothing into something.
Like an open book, you watched me grow from conception to birth;
all the stages of my life were spread out before you,
The days of my life all prepared
before I'd even lived one day. (Psalm 139:13-16 MSG)

Write out a prayer expressing your thoughts to the Master Creator.

Day Two

Ordinary to Extraordinary



“So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him. Don't become so well-adjusted to your culture that you fit into it without even thinking. Instead, fix your attention on God. You'll be changed from the inside out. Readily recognize what he wants from you, and quickly respond to it. Unlike the culture around you, always dragging you down to its level of immaturity, God brings the best out of you, develops well-formed maturity in you.” Romans 12:1,2 MSG

Struggling to know more about this person God created me to be, I became aware of my self-doubt and insecurities of feeling just plain ordinary. I became an old pro at hiding those feelings and very good at putting on a mask to cover those ordinary inadequacies.

Are you covering up your real self by wearing masks? If so, what are they?

It all came in to perspective a few years ago when I was asked to speak. At this conference there were incredible speakers – you know, the ones with testimonies that leave you sitting on the edge of your chair. As I took the stage, I remember asking myself, *what do I have to share that these ladies would want to hear?* I was thinking, “I’m so ordinary, I don’t even know why I’m here.”

A year later I was asked to give my testimony at a church service and as I prepared I realized how sinful my thinking had been. I had to beg God to forgive me. I had a testimony. I had a story. It was God’s story; one He had uniquely planned for me before I was born (Psalm 139). At that point, I knew I’d better get my eyes off the negative to see the uniqueness God had given me.

Is it hard for you to see your value and uniqueness? Why?

Satan loves to keep you in those old grooves and ways of thinking. Feeling that you are worthless is not from Christ. God made you in His image and you have His Holy Spirit living in you; therefore, you are worthy.

Write out Psalm 119:37.

We are to turn our eyes, thoughts and emotions away from worthless things. To redeem your worth and see just how unique and extraordinary you are you must stay in God's word. The only thing that has the ability to right wrong attitudes and worthless feelings is the Word of God.

Instead turn to the Maker, the Creator who made you in His image. As you pull yourself away from worthless thinking your life will be filled with energy from above. You are so special that He calls you His own. Look at Peter 2:9: "You are a chosen people, royal priests, a holy nation, a people for God's own possession."

As I battled my feelings of inadequacies, I began to take special notice of ordinary things and events, especially pertaining to the stories of the Bible. My heart just sang as God's word revealed over and over how He uses the ordinary. Ordinary sticks become staffs that parted the waters. Ordinary fishermen become fishers of men. An ordinary towel became a servant's cloth in Jesus' hand. The ordinary was useable – rocks, aprons, basins, keys, coins, and even bread. Ordinary people were on every page – the young, the old, the rich, the beautiful, the barren, the poor, the carpenters and the tax collectors. The stories were countless.

God made it clear that He wanted, and still wants, my everyday ordinary life. It was when I surrendered to the very fact of being ordinary that I finally realized how amazing the ordinary could be. As my way of thinking matured, I realized that my ordinary life in God's hands became extraordinary.

What is God speaking into your heart?

Day Three

I'm Just A . . .



“But in the next breath they were cutting him down: ‘He’s just a carpenter—Mary’s boy. We’ve known him since he was a kid. We know his brothers, James, Justus, Jude, and Simon, and his sisters. Who does he think he is?’” Mark 6:3 MSG

Have you ever been referred to as “just a”? When you were growing up, were you “just a girl” or “just a tomboy”? Maybe later in life you became “just a divorcee, single mom, lawyer, or a homemaker.”

Did the references hurt or help who you are today? How?

Jesus’ family and those in his hometown could only see Him as “just a” carpenter. But Jesus was much more. His gifts found in human form undoubtedly included the ability to be creative and craft something new from raw materials. That heart was definitely exhibited for all mankind as He went to the cross for our sins, knowing that if we understood and accepted Him, He could create something new within our hearts. (Eph. 4:20-24).

Jesus knew he was more than just a carpenter. He let the comments roll off his back as He knew He was doing what He was called to do. I have to admit that this is not an easy thing for me to do. Sticks and stones may break your bones and words DO hurt! However, Jesus continued on, despite the insensitive references.

Read Matthew 5:1-12. Jesus taught crowds of people on a hillside by saying:

You're blessed when you're at the end of your rope. With less of you there is more of God and his rule.

You're blessed when you feel you've lost what is most dear to you. Only then can you be embraced by the One most dear to you.

You're blessed when you're content with just who you are—no more, no less. That's the moment you find yourselves proud owners of everything that can't be bought.

You're blessed when you've worked up a good appetite for God. He's food and drink in the best meal you'll ever eat.

You're blessed when you care. At the moment of being 'care-full,' you find yourselves cared for.

You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.

You're blessed when you can show people how to cooperate instead of compete or fight. That's when you discover who you really are, and your place in God's family.

You're blessed when your commitment to God provokes persecution. The persecution drives you even deeper into God's kingdom.

Not only that—count yourselves blessed every time people put you down or throw you out or speak lies about you to discredit me. What it means is that the truth is too close for comfort and they are uncomfortable. You can be glad when that happens—give a cheer, even!—for though they don't like it, I do! And all heaven applauds. And know that you are in good company. My prophets and witnesses have always gotten into this kind of trouble.” (MSG)

What stands out to you from the above reading?

It doesn't matter what the world says about you. God will bring out the best in you through Jesus, the carpenter. It doesn't matter if you think you're "just an ordinary person," Jesus wants you to know how valuable you are. If you're . . .
just a lawyer, just a saleswoman, just a mom, just a wife, just a volunteer,
just a doubter, just a hurt soul or just a dreamer . . .

listen to Jesus because He knows how valuable you are.

What is the Lord speaking to you today?

Day Four

Make a Careful Exploration



“Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life.” Galatians 6:4-5 MSG

Becoming aware of our God-given value in Christ is a freeing discovery. We are each distinctively created, but until we recognize those differences and uniqueness's, we will not be able to understand how important each of us is to God's world.

As you spend time examining yourself, you quickly see that you need to polish your strengths while at the same time you need to work on improving your weaknesses.

List a few of your temperament and personality strengths.

List a couple of your temperament and personality weaknesses.

Learning of my temperament strengths and weaknesses, my first tendency when others would criticize or critique my actions was to say, “Hey, that's just the way I am!” In other words what I meant was, “God made me this way. Now you deal with it!” Yes, God made me and you with strengths, but those strengths often need to be groomed to become all that God has intended us to be.

Our strengths undisciplined become weaknesses. Being spontaneous is a strength, but undisciplined it has a negative affect on your life, as well as others when you miss deadlines or are always late. Maybe you were born as a natural leader, which is an incredible talent; however, when that strength is left undisciplined it seems to others that you are running over them and controlling their every action.

If you aren't sure how your strengths and uniqueness come across to others, dare to ask a few trusting friends. That takes courage, I know! Then once you ask, sit back and listen because what they reveal is priceless. Don't tune them out nor become defensive, just listen. Then take what they reveal and spend time in prayer asking God to take control of those strengths and discipline them so you can be a better you.

What have others revealed about you?

My natural personality strengths are revealed as compassionate, friendly, and enthusiastic. Once I asked friends and began to observe how others responded to those strengths, I was floored! Those strengths came across to others as overbearing – I was seen as too talkative, loud, and touchy-feely. Once I could see myself through others eyes, I began to ask God to discipline those strengths to make me more valuable to Him and others. In my case it meant talking less, listening more, quieting my tone, and watching how much I touched others as I talked to them. I had to come to grips with the fact that not everybody wanted a hug when I talked to them!

While doing your creative best with your strengths is a challenge, maturing strengths out of your weaknesses is an even bigger challenge. Think about some of your weaknesses. Are you outspoken? Are you unorganized? Or maybe you are the eternal pessimist? Whatever your weakness, it is time to examine them and bring them into the light. Chances are the next step you need to take as you wander down this delicious buffet of goodness is to recognize a weakness, and discipline it until you can draw strength from it.

“Examine me, God, from head to foot; order your battery of tests. Make sure I'm fit inside and out so I never lose sight of your love, but keep in step with you, never missing a beat.” (Psalm 26:2-3 MSG)

What is the Lord revealing to you?

Day Five

I Am What I Am



“For I am the least of the apostles and do not even deserve to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace to me was not without effect.” 1 Corinthians 15:9-10 MSG

I love reading the letters written by Paul. He was a take charge and bold man. But as we talked of earlier in Week One, he was eating off the wrong buffet when God called him out. Now if I was Paul, I would probably have wasted many years beating myself up for not following God. When God called I would have said, “God, you’ve got the wrong girl. Don’t you remember what all I’ve done? Surely, there’s no way You could use a girl like me!”

We are so good at living off our weaknesses. We don’t need anyone else to point them out. We have them memorized, don’t we? In fact, some of us replay them over and over until they seem bigger than they originally were. Let’s challenge ourselves to learn from Paul. If he can murder Christians and go on to become bold for Christ, then maybe we should follow his example and live courageously despite our past and weaknesses.

Paul knew his past. There was no denying it. There were plenty of family and friends to remind him of his actions daily. However, once he accepted Christ and his purpose to live for Christ he saw himself in a new light. He saw with God’s eyes just how valuable he was when he was living for Christ. That is why he could write to the Corinthians, “It is by the grace of God that I am what I am.”

Are there past circumstances in your life that you need to see in a new light?

Sometimes God even gives you weaknesses to remind you of Him. As we pray for those flaws to be removed we are continually before His throne of grace. That’s not very reassuring, I know. But I have to admit; my weaknesses definitely keep me in prayer seeking God for guidance, wisdom and the help to overcome the challenges.

Read 2 Corinthians 12:7-10.

What does Paul tell you about your weaknesses in the above verse?

Paul could eventually say that he knew he struggled with certain issues so that he wouldn't become conceited. He asked and prayed for the Lord remove his problem to no avail. As he tried to overcome his struggles he realized that in his own weakness Christ's power made him stronger. In my life I've come to realize that my daily questioning and seeking of my purpose in Christ is what keeps me before His throne.

Name a weakness of yours that you've seen become powerful at the hands of Christ.

By the grace of God you are who you are – in the good, bad, past, present and future. You might not understand how you were created or why you were created in certain ways, but God knows and will reveal His strength through you as you seek Him. Although you might rather forget your past, you can't! Jesus doesn't give you amnesia, but He will work through you once you see yourself in God's light – a child of God full of potential, strengths, and promise.

What is the Lord speaking to you today?
