

Taste & See the Lord is Good!

(Ice Cream in a baggie)

Theme: Learn for yourself how good God is!

Scripture: Psalm 34:8

**“O taste and see that the LORD is good:
Blessed is the man that trusts in him.”**

Object Lesson: Making an ice cream machine.
Kids make their own ice cream and learn to share.

Materials Needed: (per participant)

- 2 gallon zip lock baggies (freezer bags work best)
- 1 quart zip lock baggie
- 1 Tablespoon sugar
- ½ cup heavy whipping cream (or half/half)
- ¼ teaspoon vanilla extract
- ice
- rock salt (or water softener salt, or table salt)
- optional: flavoring (banana, strawberry, butternut, etc...)

Procedure:

In quart baggie, put

- 1 Tbsp sugar
- ½ cup whipping cream
- ¼ tsp vanilla
- flavoring if desired (experiment with this first)

1. Zip shut. Squeeze out as much air before sealing as that helps to keep the baggie from opening up!
2. Put the quart baggie (with mix) inside a one gallon zip lock baggie. Add ice and rock salt.
3. Zip Shut. (squeeze out air first!)
4. Put both baggies into a second gallon baggie. This second layer helps prevent leaking.
5. Shake and squeeze the mixture for about 5 minutes. The more you work the mixture the better it will freeze and form creamy ice cream. Hands may get cold, so gloves or towels can help protect sensitive hands.
6. When the ice cream feels like toothpaste you're done! You may need to take out the quart baggie to inspect. If it's still runny or still has liquid, keep going.
7. Once finished, open the baggie and enjoy your special home-made ice cream. Be sure to share with others!

Optional Method: (This method takes longer and is more difficult for younger kids.)
Instead of baggies, you can use a plastic sour cream container. Cut a small slit in the lid so a long ice tea spoon can fit. This is your stirrer.

Use the same recipe as above, or you can double it to make a larger batch of ice cream.

Put the sour cream container (with the mixture and the spoon sticking through the lid) into a pot filled with ice and rock salt. (You can use any container such as a pot, bucket or even a gallon plastic pitcher.)

Begin stirring the ice cream mixture while keeping the ice moving around the sour cream container.

**** NOTE**** This process makes more ice cream and is easier to eat and share, however, it takes much longer to make! The plastic acts as a small insulator, plus only the liquid touching the container walls will freeze. That's why the contain must be constantly stirred. It is also more susceptible to spills and messes.

Lesson Plan:

(Questions for kids to respond are in bold)

Have you ever refused to eat a particular kind food because you didn't think you would like it?

Did you ever try eating food that you didn't want too, only to find out that you actually liked it? (baby food, eggnog, Thailand fruit, Chinese food, etc...)

[I tell a personal story how I always refused eggnog every Christmas until my 12th grade year - where to my amazement I realized I loved it! I even talked many friends into trying it too.]

Sometime people treat God that way. They grow up hearing weird stories or not ever really becoming exposed to the true blessings of following the Lord.

Did you know there are millions of people who don't follow the Lord because they don't think they would like it. They think they would not have as much fun or they don't want to give up something they think God wants them too.

What are some other reasons you think people have for not following the Lord?

King David wrote in Psalms 34:8 for us to **taste for ourselves to know how wonderful the Lord really is!** If you found a great recipe, you could go around telling everyone what a great recipe it is, or you could just let them sample it for themselves. (Like your ice cream you just made)

Another person in the Bible also came to the same conclusion as King David. In John 4, Jesus meets a woman at a well and begins to talk to her about her relationship to God. Once she realized that it was Jesus who talking to her and that He still loved her even though she had done many bad things, she ran back to her village to tell others about what she found.

John 4:25...

The woman said unto Jesus, I know that the Messiah is coming, which is called Christ: When he is come, he will tell us all things. Jesus said unto her, I that speak unto you am he.... The woman then left her water pot, and went her way into the city, and said to the men, "Come, see a man, which told me all things that ever I did: is not this the Christ? Then they went out of the city, and came unto him....

And many of the Samaritans of that city believed on him for the saying of the woman, which testified, He told me all that ever I did. So when the Samaritans were come unto him, they besought him that he would tarry with them: and he abode there two days.

And many more believed because of his own word. And (they) said unto the woman, **Now we believe, not because of thy saying: for we have heard him ourselves, and know that this is indeed the Christ, the Saviour of the world.**

I hope all you you learn to experience the wonderfulness of God for yourselves! You can't really know what David knew, until you "taste God for yourself!"

Also, once you find a good thing, don't you want to tell your friends about it? Just like this woman was a missionary back to her own family and friends, I hope you also are sharing the love of God with those in your family and with your friends.

Bible Memory: Use hand motions to help kids learn the Bible memory verse.

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|-----------------|------------------------|
| "O taste" | = point to mouth |
| "and see" | = point to eyes |
| "that the Lord" | = point to heaven (up) |
| "is good" | = rub tummy |

(the correct sign for good is touch mouth with right hand fingers and move down into left hand palm, facing up)

(other signs for remainder of verse)

- “blessed” = both hands make “a” fist and touch both thumbs to corners of mouth. Move hands down ending with a “5” hand. (open fingers, palm facing down)
- “is the man” = with right hand only, act like you are grabbing an imaginary ball cap on your head then end with fingers closed together pointing up and touching the middle of your chest.
- “that trusts” = both hands are open in front, act like grabbing something and bring them both together in “s fists” with right hand on top of left hand. (Like you are taking something and making it yours)
- “in thee” = point right hand up towards heaven with fingers closed

Song Suggestions: “The Lord is Good”
(Maranatha)

“Ice Cream” (play while kids make ice cream)
(Boilermaker Jazz Band - iTunes)

Craft: (kids make ice cream baggies)

Games: **The Blind Man Feeds the Armless**

Two team members sit in chairs facing each other.

One is blindfolded (toilet paper works great here) and he tries to feed his partner a bowl of ice cream. The eater can not use his hands, but can talk to his partner.

The first team to finish is the winner.

Have as many teams as you desire.

Sample Schedule: