



## The Five Senses and Your New Year's Purpose

Most of us are finished with Christmas and looking forward to a new year, a clean slate and a chance for new beginnings and fresh starts. I'm no different. After a wonderful trip to Seattle to see my children and grandchildren, I've returned home, boxed the Nativity and few decorations and am ready to plan for a great New Year. This year, the tossing of the refrigerator calendar was with some sense of accomplishment as we had some good changes in our lives and realized some goals and dreams meant. It was a blessing not to toss the calendar thinking, "Well, I'm glad that is over." I've definitely had my share of those.

The turning of the New Year fills us with hope for a better year and many of us begin to make resolutions or plans to better our lives. Whether it be changing our eating habits and losing weight, getting more organized, changing our spending habits and being more responsible with our finances, it seems we all have similar areas in which we know our lives need improvement.

Have you planned your yearly Bible Study, your time with God? Every year, my husband and I search for a devotional or Bible Study guide to use as we daily journey through God's Word. It is imperative that we begin each day with our time with God. This week, I've been thinking about the five senses and how they work together not only to meet our resolutions, but our Godly goals, as well. Seeing God at work in our lives, touching others, hearing God's Word, His voice, tasting His Word. Did you know you can taste Him, smell Him? Did you know that others can use their senses to see, touch, hear, taste and smell Him through you?

When I think of these senses, three special friends come to mind, one who has lost her sense of sight, the other her sense of taste, and yet another hearing. Yet, these friends can still see, taste and hear God through His Word and acts in their current lives and situations.

**\*\*We see God** in His Word and **see Him** in the world we live in.

I had fainted, unless I had believed to **see** the goodness of the LORD in the land of the living. Psalms 27:13 KJV

O taste and **see** that the LORD is good: blessed is the man that trusteth in him. Psalms 34:8 KJV

Thy word is a lamp unto my feet, and a light unto my path. Psalms 119:105 KJV As God's Word lights our path and we follow it not only do we see His goodness, but others see His goodness in us. (*see pages 51-55 in my book, "Recipes for Life: A Devotional Journey Through Psalm 119".*) available on Amazon

**\*\*We can touch God.** He can touch us. He touches others through us.

And, behold, a woman, which was diseased with an issue of blood twelve years, came behind him, and touched the hem of his garment: For she said within herself, **If I may but touch his garment**, I shall be whole. Matthew 9:20-21 KJV

Do you need a healing today? Whether spiritual or physical, reach out and touch Him today for He promised He'd never leave us or forsake us. Deuteronomy 31:6; Hebrews 13:5

Let us therefore come boldly unto the throne of grace, that we may obtain mercy, and find grace to help in time of need. Hebrews 4:16 KJV

Wherefore come out from among them, and be ye separate, saith the Lord, and **touch not** the unclean thing; and I will receive you. 2 Corinthians 6:17 KJV

Aw, I'm reminded of the three little monkeys, their hands covering their eyes, ears and mouths, commanding the senses to do no evil. With their hands busy, they had no time to touch evil either.

**\*\*You can taste God.**

How sweet are thy words unto my taste! yea, sweeter than honey to my mouth! Psalms 119:103 KJV

O taste and see that the LORD is good: blessed is the man that trusteth in him. Psalms 34:8 KJV

Perhaps your taste for food is gone, or your taste for life has soured, taste Him, His goodness never fails us.

**\*\*Listen and you will hear.**

Cause me to hear thy lovingkindness in the morning; for in thee do I trust: cause me to know the way wherein I should walk; for I lift up my soul unto thee. Psalms 143:8 KJV

But God has blessed you. You understand what you see with your eyes. And you understand what you hear with your ears. Matthew 13:15-16 ERV

***\*\*What do you smell?***

***What do you smell like?***

They have ears, but they hear not: noses have they, but **they smell not:** Psalms 115:6 KJV

But I have all, and abound: I am full, having received of Epaphroditus the things which were sent from you, **an odor of a sweet smell**, a sacrifice acceptable, well pleasing to God.

Philippians 4:18 KJV

These are a few of the many verses in the Bible that speak of the five senses in relation to God.

Download this Bible Help and search some out for yourself.

<http://www.e-sword.net/>

Check out this website for several plan choices you can sign up for and they are free!

<https://www.biblestudytools.com/bible-reading-plan/>

Psalm 119 has much to say about Seeing, Hearing and Touching God's Word. You can take a 22-day journey through it with me by purchasing "Recipes for Life: A Devotional Journey Through Psalm 119".

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