



CHRONIC JOY® DEVOTIONAL

A NEW LOOK AT A RECIPE BOOK

By Kara Plett

RECIPE BOOKS AND MEMORIES

There is something delightful about a collaborative recipe book. Do you know the ones I'm talking about? A church, family, school, or organization asks people to submit their favorite recipes and then gathers them to create a cookbook. Beside each recipe is the name of the person who submitted it.

This is wonderful for a couple of reasons.

- We often know some of the fabulous cooks/bakers and seeing their names beside a recipe makes us want to try it.
- (Maybe most importantly) we are reminded of people as we read their names.

Today, I searched for a recipe and ended up in an old church cookbook. It was probably put together 30 years ago, so there was much nostalgia as I started thumbing through the pages. Distracted from my original search for a particular dessert recipe, I paused on names of people who have passed away, who profoundly impacted my life, or who no longer attend the same church but are loving God and serving Him faithfully in other places. It is such a beautiful reminder of the community of Christ.

Every time I think of you, I thank God for you. (Philippians 1:3)

MEMORIES AND PROMPTINGS TO PRAY

I finally returned to my initial goal of finding the dessert recipe. When I saw it, the name beside it immediately brought back memories – memories of a young lady with a beautiful smile who had a kind word for each person she met in the foyer at church. She did this from her wheelchair.

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As I continued to remember her, I was prompted to pray for her, knowing God knew her needs today even if I did not. I could do this right away, even before baking my dessert. I also thought I would like to write her a note, and later in the day, I did just that. A short note to thank her for impacting my life – *and* for the recipe!

What a reminder that our lives speak to people even when we don't know it.

By the way, her recipe turned out beautifully!

God uses many things in our lives to prompt us to remember others. Maybe browsing social media, conversing with a mutual friend, or even paging through a recipe book reminds us of someone. It is so good to let them know we are thinking about and praying for them – and to thank them for their impact on us.

PRAYER

Father, thank You that You can use everyday things to remind us of people who have blessed us. Thank You for the people You have placed in our lives who influenced us even when they may not know it. When we remember them, prompt us to lift them to You in prayer. Meet them right where they are today. In Jesus' name, amen.

QUESTIONS FOR REFLECTION

- Do you have some recipe books you feel prompted to look at in a new way today?
- How do you hope others are seeing your life?
- Who can you write a note, pick up the phone, or text to let them know they've blessed you.

AN INVITATION

If you are unsure what to say in a note, I invite you to take a look at Chronic Joy's beautiful book called *#PenToPaper: Note Starters for Every Day* with helpful ideas for every occasion. You can also find a variety of Note Starters on our website that can help you get started when you don't know what to say.

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