

Feeding the flock... one verse, one chapter, one principle at a time, in more ways than one.

This past Sunday I took the liberty to illustrate Proverbs 3:5-6 in the kitchen at the Chapel. After we spent time in the sanctuary, singing and celebrating His grace through song, we gathered in the fellowship hall and open the word of God and I prepared a specific dish, by **ACKNOWLEDGING** a recipe I believe in. I've used the following recipe hundreds of times and I trust it. It works, I know that it does, therefore, I can commit to it and have complete confidence in the

preparation, process and product.

I can't always visually illustrate every message but when I can, I do my best to do so. This isn't our first time working through a recipe... a few years back we made it to the kitchen and walked through 2 Peter 1, "adding one ingredient to another" making a big batch of cathead biscuits. The Lord blessed it then, and I believe He honored our obedience this past Sunday, too.

This is the recipe we followed and a few of the points and tips we brought out.

"Acknowledging the Lord..."
(Faithfully and Wisely... One
step at a Time)

Sausage, egg, veggie and
cheese frittata muffins.

If you haven't tried them,
you're missing out on a
delicious and reasonably
healthy treat of protein.

What's in it?

Lots of love, sweet joy and
tasty expectations which
makes everything in life
taste and feel better.

We also add:

One pound of patty or link
sausage (whatever kind you

prefer... hot or mild or add your own touch to it while it's cooking.

I used Conecuh's all natural hickory smoked link sausage. And it taste wonderful. Whatever meat you choose, other than link sausage, (even ground beef) just cook it down like you would when you're preparing taco meat. You can even use link sausage. Some link sausage is not fully cooked and you may to broil it or grill it and then chop it up in a processor or by hand. But fully cooked sausage all you have to do is put it in a processor and add to your ingredients.

While meat is cooking beat 12 eggs like you're doing scrambled eggs. Then chop 2-4 green onions, half of a bell-pepper and if you enjoy onions cut up a quarter of a small onion.

When meat is finished strain excess grease (if needed). Then grease (I use a spray) a 12 cup muffin pan and add equal amounts of bell pepper and cooked (and strained) sausage (a heaping tbs will fill bottom half of each cup), then add equal amounts of chopped green onions, more bell-pepper, onion, even mushrooms if you'd like,

then top with cheese.

The cheese: We like using about tsp of Feta and a good pinch of shredded sharp cheddar or Italian cheese or fiesta blend (or all) for each frittata muffin. Then pour the beaten eggs over the mixture in each cup until they fill up to the rim and cook.

Cook at 375 for 17-24 minutes or until they're ready. I find that mine are ready at about 19 minutes. I usually do two batches (24 muffins) when I make these. Therefore, if I'm not using the turkey sausage, or links, I'll buy one pound of regular

and one pound of spicy sausage and cook the two packs together, mixing them well, and then I add a little seasoning to mine (garlic powder, minced garlic and green onion sausage seasoning I have from Deep South Brand).

A tip: They'll also freeze well and they heat easy in the microwave. I store them in ziplocks. When you heat them, wrap in a paper towel and warm it up on high heat for 1.5-2.5 minutes if frozen. And just 25-45 seconds if refrigerated. They'll keep in the fridge for up to a week. Have fun with it and enjoy...

Apply: Proverbs 3:5-6

Trust in the Lord... commit to Him and His recipes for life.

Lean not on what you've understand, feel, think, sense, but take His way and run with it. Don't tweak His instructions and wisdom like you would a recipe.

Experienced cooks use their skills and experience in the kitchen to adjust most recipes to fit their taste but you can't do that with the ways of God.

Acknowledge Him with every step. Seek Him first, believe what He graciously reveals and follow His steps.

He make His path clear and will direct each new step you take along His path... He shepherds you through.

This is what recommend:

"Commit to the Lord, right now, with all that you are and all that you have. It's important to not get stuck in what you know, or what you experienced yesterday, and don't hold on to what you understand about the situation, your view is limited, but He sees it all. Seek Him, in everything you do, and ask Him what to do next and then trust what He says. Yes, trust Him with

everything, with the big and small, the significant and insignificant, the natural and supernatural, and in everything you do, He will give you clarity, direction and confidence to keep walking and working" (Proverbs 3:5-6).

#livingtoblessnottoimpress

#nestingwithjesus

#proverbs #proverbs3

#linkinprofile #fullmessage