



Come to Your Senses



“Taste and see that the Lord is good; blessed is the man who takes refuge in him” (Psalm 34:8).

• How do you “taste” the goodness of God?

• When do you see the Lord’s goodness?

▼ Training Session

Ever taken a senses census? Do you ever deliberately exercise your senses to appreciate where you are and what you’re doing?

We use our senses to learn, and we can utilize our students’ senses as valuable classroom tools.

Take your favorite Bible story and read it carefully. See if you can detect some clues and references to what the people in the story sensed, too. Even passages that explain God’s message often give some image or refer to our senses to help our understanding.

Maybe you’ve turned the lights on and off as you taught about Creation, or you let children hear sounds of the ocean during Jonah’s story.

But have you let your students smell frankincense and myrrh? Have you had kids feel sheep’s wool or cedar wood? Have you given children figs or honeycomb to taste? Have your students tried walking on palm leaves or playing a lyre?

There are many practical ways to create a sensory environment in each lesson.

Sight—To enhance lessons visually, decorate your room differently each week. For example, if the story is in a prison, use crepe paper to bar off the doors and windows. You could also show artwork based on your story or the emotions in the story.

Sound—Sound effects for stories are great, but auditory experiences can be enhanced in other ways, too. Check out some music from the library to play during your lesson. Many classical composers used specific Bible passages as inspiration for their compositions.

Taste—Need to come up with a tasty lesson? Have students create edible dough animals for Noah’s ark or let your snack symbolize events in a story. For example, you could have a sweet snack, sour snack, and then another sweet snack to chronicle Job’s life story. Just remember to check allergies before the lesson!

Touch and Smell—Touch and smell are easily incorporated, too. Put objects that relate to your story inside paper bags for students to feel or smell. Have students guess what’s inside or how they relate to the story. Various air fresheners might help you with those hard-to-find scents to use during your class. Make scratch-and-sniff pictures with glue sticks and spices or touch-and-feel storybooks with fabric and small objects from nature.

Linking our senses to the Bible stirs emotional response and memory. We use our senses to learn and we should use this knowledge while planning our children’s lessons.





Take this training deeper as you think over these questions:

- What's your favorite smell? Why is it your favorite?
- How do the senses of touch, smell, and taste come into your lesson?
- When does taking a sense away enhance the lesson?
- Why do you think God chose to link our senses so tightly with learning?

▼ Journal

God, thank you for the beauty of . . .

Help me to appreciate my senses when . . .

It's fun to look at food ads—although it usually causes cravings! If you could describe your teaching by using a famous ad slogan for food, what would it be? Remember, you are what you eat and you teach what you think. Come to your senses, and taste success in your teaching!

▼ Application

This is an assignment you'll love—you are to find a new place to eat a new food. Go to a new restaurant or coffee shop, or make a new recipe to take picnicking somewhere new.

Pay close attention to all the new things you sense and write down your sensory experiences in a journal. Add a sentence sharing how this experience can enhance your teaching—whether it is the way the meal is served, the atmosphere, the presentation, or the food itself.