

The Recipe for Life



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By

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I must confess that I have not always been what I would call very handy in the kitchen. Oh, I could scramble an egg, fry some bacon and toast some bread. However, when it came to preparing full three and four course meals I was not the one. Over time, as circumstance and necessity has demanded, I have gotten fairly familiar with the kitchen. I discovered a new invention, you may have heard of it, it is called a recipe. And to my amazement and delight, I have figured out if I follow the recipe, I can cook almost anything! And the best part is it usually taste pretty good. Now the thing about recipes is they are like any other set of instructions; they must be followed, especially if you want to be sure to have an edible meal. So it is, also, in life, if you desire to experience a good life you must follow a set of instructions, **The Recipe for Life.**

It is my belief that the one thing all of humanity has in common is the shared desire to live a good life. Now living a good life may not mean the same thing to everyone, for if that were the case humanity would truly live in harmony with one another. The thing that separates us from each other is the set of instructions that we follow or as I like to say, we do not all follow the same **Recipe for Life**.

In our scripture for today, Peter offers **The Recipe for Life** that comes with a built in guaranty that will insure a truly happy life. Listen as Peter shares this recipe and note the special ingredients that he lists: *“¹⁰For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:¹¹Let him eschew evil, and do good; let him seek peace, and ensue it.”* 1Peter 3:10 & 11

I sincerely believe that every man, in his own way loves life or at least he desires to love life and really would like to see good days. But how one achieves it,

is what makes the difference. Peter says “*let him refrain his tongue from evil, and his lips that they speak no guile*”: I have always been taught that words have power. The proverb says: “Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof. Proverbs 18:21 We have been blessed by our Heavenly Father to have this power, it is our job to use that power responsibly. Jesus cautions us to use it wisely for unwise use comes with consequences; “But those things which proceed out of the mouth come forth from the heart; and they defile the man.” It is not that which comes from the outside that defiles a man, but what comes from the inside out. In other words, only you can defile you; no one else. So, as you follow the Recipe for Life, the first thing you must do is refrain “your tongue from evil and your lips that they speak no guile.” The next step in the recipe is “¹¹Let him eschew evil, and do

good;” “Shun wrong and do right” James Moffatt Translation.

Avoid evil at all cost. The Apostle Paul says in 1 Thessalonians 5:22 “Abstain from all appearance of evil.” The Proverb says: “Avoid it, pass not by it, turn from it, and pass away. Proverbs 4:15 Are you getting the message? Stay away from evil! Leave it completely and entirely alone! In other word, do good! Do the right thing! Mind the company that you keep. Jesus says that “*every tree is known by its own fruit.*” Luke 6:44 When you surround yourself with people who live a good moral life they inspire that in others.

Finally, the main ingredient to **The Recipe for Life** is: “let him seek peace, and ensue it.” “Let him seek peace and make peace his aim” James Moffatt Translation. “Searching for peace and going after it with all his heart.” The Bible in Basic English. “*Try to live in peace even if you must run after it to catch and hold it.*” The Living

Bible. Make peace your ultimate goal as it relates to your fellow man. Embrace it as it were a priceless treasure. **The Recipe for Life** is not a hard recipe to follow. You already have the ingredients stored up in side of you.

As I said in the beginning, I was not that handy in the kitchen, but when I got hungry enough I found those recipes and got busy. The first step was the hardest, convincing myself that I could do. And since going hungry was not an option, I opened up the recipe book and never looked back.

When it comes to **The Recipe for Life**, all you have to do is decide how bad you really want it. Are you hungry enough for the good life? Do you really want to see and enjoy good days? I recommend you follow **The Recipe for Life!** *“¹⁰For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile:¹¹Let him*

eschew evil, and do good; let him seek peace, and
ensue it.” This is **The Recipe for Life!**