

Comfort Food

What is your favorite comfort food? Mine is rice and beans. Not just any kind, but the kind my mother makes. She usually cooks beans in a big pot with lots of spices and chorizo sausage. As for the rice, it is rather simple, but for some reason when your mom makes something, it tastes better. She also uses beans for breakfast. One of my favorites during high school was an egg over easy, black beans, sliced avocado, with a side of toast or tortilla chips and orange slices. I recently spoke with my brother (who still lives at home) and he informed me that due to COVID-19, they had been trying to use most of the pantry items before grocery shopping. This seemed reasonable but the funny part was he seemed to feel distressed about having to eat beans for so many meals. I had to laugh because I know our family eats a lot of beans, but he was truly on bean overload. When I visit my mom and she asks for any special meal request, I always request rice and beans.

During times of distress or times that you just need a little extra comfort, it is easy to turn to the people or the recipes we cherish for comfort. If you can't get a hug from the real person, the smell of your favorite recipe sometimes feels like a hug or a gentle hand on your shoulder reminding you that everything will be okay. As I have learned to be away from my family for longer periods of time, I have had to learn to find comfort differently. When you are home, it is easy to seek comfort from family, even in very simple ways, like sitting in the living room with them without having to say a word, and knowing they understand.

During this period of slowing down and not being able to just use busyness as a distraction, I have been learning to more readily find comfort in scripture. I didn't really grow up reading scripture at home, I just listened to it at church, so it certainly has been a learning process. A process of developing a new habit. One scripture that many seem to read for comfort is [Psalm 23](#). Why? Well I think this scripture in particular feels accessible and applicable to many situations or parts of one's journey. You also don't really need to know the context to find it applicable to your own life. Of course context is essential in interpreting scripture, but despite sometimes not knowing, these words in particular seem to speak to the needs many have for comfort, truth, and hope in difficult times. What scripture brings you comfort? What is your rice and beans?

Here is a link to Matt Maher's song "Rest" which is inspired by Psalm 23:
<https://www.youtube.com/watch?v=581fHIG2V4k>

