**05. The sense of taste**

**How does the taste work?**

Taste buds are sensory organs that are found on your tongue and allow you to experience tastes that are sweet, salty, sour, and bitter. How exactly do your taste buds work? Well, stick out your tongue and look in the mirror.

See all those bumps? Those are called papillae (say: puh-PILL-ee), and most of them contain taste buds. Taste buds have very sensitive microscopic hairs called microvilli (say: mye-kro-VILL-eye). Those tiny hairs send messages to the brain about how something tastes, so you know if it's sweet, sour, bitter, or salty.

The average person has about 10,000 taste buds and they're replaced every 2 weeks or so. But as a person ages, some of those taste cells don't get replaced. An older person may only have 5,000 working taste buds. That's why certain foods may taste stronger to you than they do to adults

**THE SENSE OF TASTE:** The taste is the problem of quality, eminently the problem of quality, and it is the sense, the innermost sense, where we assimilate... In fact, to assimilate means to eat... And interestingly, it also means to understand. So, to assimilate means - to make one's own! Good!

If it changes your heart, it changes your tastes; but this is God's work, you have to let Him take you. Because no one can force himself to change the tastes of the heart, it is a titanic effort, you will not go far. This is a discipline to receive, which is to teach how to recognize good wine from less good wine. How is it done?

It is a matter of rhythm. Spiritual life does not have obligations or concepts, it has a rhythm, the rhythm of salvation. It is a spiritual rhythm that is not built with our rhythm, but it goes through you, through your hands, which can see water change into wine, so that you understand what you have to do and what you do not have to do, not out of a sense of duty, but to remain in eternal life.

Taste in fact, the palate, is the sense of one's ability to choose. So is the sense of smell! In fact you see the sense of smell and taste are connected, in fact if you plug your nose you no longer smell the flavour. It's been said, hasn't it? When you start to lose your sense of smell you also start to lose your taste as well! So, it is the kind of sense that expresses precisely the quality of formation, that is, a person is formed when he has taste.

So, the point is that to be **educated in sight means to see the invisible,** to be **educated in hearing means to have humble listening**, which is willing to be told the things that he does not understand, the things that make him suffer a little bit, the things that lead him to change.

So, to understand how to be educated, how to... I mean, there are the two ways - a gaping palate that can no longer distinguish... Because what is it? Technically it's called a depraved/corrupt(=unable to recognise the good/healthy) palate and it means it's **"untested," that is, it's untested, that is, it doesn't know how to test things,** it eats everything. And depraved because now it no longer registers the harm that indulging in dirty, bad things does to it! **We are interested in how one arrives at the educated taste, the one who can discern the best and can reject the worst, can have dislike.**

**Chiara Corbella Petrillo** had made a habit as a child in a prayer group**. She used to pray half an hour a day and never gave up**. That was it! Half an hour a day! Was it worth it? It was worth it! A taste developed in Chiara and it was a habit... when she got married, she suffered because this half hour was missing due to work, taking care of the house... she couldn't do it anymore. And it was complicated for her to accept that taking care of the house became prayer. However, Chiara had a characteristic, when praying a rosary she would say - no, rosary is prayed well, I just stop and think only of praying the rosary! And a quarter of a holy hour is for God! Can't I stop for a quarter of an hour? Then when she was sick, people would go to pray the rosary with her.

**And like the taste of knowing how to welcome a guest. You don't lay a dirty tablecloth,** the wrong cutlery for them -- no, you set the table well, you prepare. That gives it importance. I mean, there are things you have to take care of!

**Proverbs**

**Taste in the Bible**

[**Luke 14:24**](https://sarata.com/bible/web/chapter/Luke.14.html#14:24)

For I tell you that none of those men who were invited will taste of my supper.'"

[**Luke 14:34**](https://sarata.com/bible/web/chapter/Luke.14.html#14:34)

Salt is good, but if the salt becomes flat and tasteless, with what do you season it?

## [Psalms 34:8](https://sarata.com/bible/web/chapter/Psalms.34.html#34:8)

Oh taste and see that the LORD is good. Blessed is the man who takes refuge in him.

## [Psalms 119:103](https://sarata.com/bible/web/chapter/Psalms.119.html#119:103)

How sweet are your promises to my taste, more than honey to my mouth!

**Training**

1. READ ALL THE GOSPEL OF LUKE

- Who is Jesus?

- Identify yourself with one or more people (apostles, sick, scribes etc) in the Gospel

What did Jesus do for you?