

As we enter the kitchen, it is important to first be prepared. When we cook a meal, chances are good that bowls, measuring cups, baking dishes, and ingredients will come into use. But what is the one thing most people use to protect themselves from the chaos that will inevitably ensue while cooking? An apron. While aprons will protect us from being covered in food, spiritually speaking, our APRON will protect us from anything trying to get in the way of our Christianity. Below are some important attributes to remember before we begin the process of evaluating kitchen items and digging into God's Word.

# A - Attitude (Galatians 5:22-23, Peter 3:8)

In our walk with God, we must first begin with the right attitude. Galatians tell us that we must have love, kindness, and gentleness, among many others characteristics. Any task we undertake is much easier if we go about it with a Christian attitude. How much better to do you feel when you have done something out of love and not obligation?

# P - Patience (Romans 12:12, Romans 8:25)

As a Christian, there are many times we have to demonstrate patience. Not only do we have to be patient during our everyday life as we strive to reach our heavenly goal, but we also have to be patient through the trails we come in contact with on our way toward that goal.

### **R** - Responsibility (Galatians 6:4-5, Romans 12:6-8)

God has given each of us talents, but how we use those talents is up to us. We have to utilize whatever we possess (whether great or small) to glorify Him. Romans tells us, no one is better than another, and have a responsibility to strive to live up to our potential.

# O - Opportunities (James 2:18, 26)

*James states "…I will show you my faith by my works." It is wonderful to have faith, but it is when you put your faith into action that your Christianity can truly be seen. Use the opportunities (visitation, teaching, service projects) provided for you, to demonstrate your faith.* 

### N - Needs (Proverbs 31: 20)

Providing for other's needs is a huge part of being a Christian. Not only do we need to take care of other's physical needs, but their emotional and spiritual needs as well. There are many examples throughout the Bible where Jesus begins by addressing one need, and concludes by meeting both the physical and spiritual needs of an individual.