

LESSON 20

TASTE AND SEE THAT THE LORD IS GOOD

Psalm 34

*Of David, when he changed his behavior before Abimelech,
so that he drove him out, and he went away.*

- ¹I will bless the LORD at all times;
his praise shall continually be in my mouth.
- ²My soul makes its boast in the LORD;
let the humble hear and be glad.
- ³Oh, magnify the LORD with me,
and let us exalt his name together!
- ⁴I sought the LORD, and he answered me
and delivered me from all my fears.
- ⁵Those who look to him are radiant,
and their faces shall never be ashamed.
- ⁶This poor man cried, and the LORD heard him
and saved him out of all his troubles.
- ⁷The angel of the LORD encamps
around those who fear him, and delivers them.
- ⁸Oh, taste and see that the LORD is good!
Blessed is the man who takes refuge in him!
- ⁹Oh, fear the LORD, you his saints,
or those who fear him have no lack!
- ¹⁰The young lions suffer want and hunger;
but those who seek the LORD lack no good thing.
- ¹¹Come, O children, listen to me;
I will teach you the fear of the LORD.
- ¹²What man is there who desires life
and loves many days, that he may see good?
- ¹³Keep your tongue from evil
and your lips from speaking deceit.
- ¹⁴Turn away from evil and do good;
seek peace and pursue it.

- ¹⁵The eyes of the LORD are toward the righteous
and his ears toward their cry.
- ¹⁶The face of the LORD is against those who do evil,
to cut off the memory of them from the earth.
- ¹⁷When the righteous cry for help, the LORD hears
and delivers them out of all their troubles.
- ¹⁸The LORD is near to the brokenhearted
and saves the crushed in spirit.
- ¹⁹Many are the afflictions of the righteous,
but the LORD delivers him out of them all.
- ²⁰He keeps all his bones;
not one of them is broken.
- ²¹Affliction will slay the wicked,
and those who hate the righteous will be condemned.
- ²²The LORD redeems the life of his servants;
none of those who take refuge in him will be condemned.

WELCOME: *Fixing Our Focus*

Prepare four kinds of food (or four different kinds of chocolate for more challenge). Get blindfolds and have each member put them on. Ask them to taste each item and write down on a piece of paper what they think each one is.

After the activity, ask the members if they had difficulty guessing the food items. Ask them if it would've been easier if they saw what it was they were tasting. Would they rather eat food blindfolded, or would they rather see what it is they're eating?

Continue to discuss that to "taste and see" that the Lord is good is an invitation to following God and experiencing his goodness. When we follow God, we get to experience his goodness in our lives.

WORSHIP: *Adoring Our God*

Suggested songs:

I Will Boast in Christ by Scott Ligertwood and Reuben Morgan
Nothing But the Blood of Jesus by Robert Lowry

WORD: *Understanding the Word*

Lesson Aim: Members will be able to reach out to others who are in need of assurance of God's goodness.

Introduction

The Christian life is never about comfort, or what they say “a bed of roses.” It is not without thorns. Afflictions or sufferings are part of one's life—it is inevitable. How can a Christian who's experiencing suffering keep on blessing and praising the Lord?

Psalm 34 invites us to “taste and see that the Lord is good” not just in our joyous moments, but even in our times of afflictions. The psalmist exhorts praise to God individually and communally as he teaches “the fear of the Lord” and why we can trust in his wisdom during difficult and painful times.

Leader: Lead in reading Psalm 34 aloud together. Then read the paragraph on the “Key Verse.”

Key Verse: The psalm starts with “I will bless the Lord at all times; his praise shall continually be in my mouth” (v. 1). This powerful declaration of the psalmist shows his intense desire to worship God not just with his words but also with his acts, as he then invites the community to glorify the Lord with him.

Psalm 34:1-3. Theme: _____

1. In what ways did David praise the Lord continually (*vv. 1-2*)? Why is not enough to simply praise the Lord quietly, in his heart?

2. What is the value and goal of worshipping God with others (*v. 3*)?

In the space above, write what you think is the theme of verses 1-3.

Psalm 34:4-7. Theme: _____

As David invited the community to glorify the Lord with him, he shifted to speak about the goodness of God in his life.

3. How can we see David's confidence in the Lord? How was the word "sought" used in this verse (v. 4)?
4. What is he personally testifying about (vv. 4, 6)?
5. Explain the meaning of "Those who look to him are radiant, and their faces shall never be ashamed" (v. 5).
6. The context of this psalm tells us that David was being hunted and his life was being threatened. Yet, his tone remains triumphant. What does verse state as the reason for this attitude?

In the space above, write what you think is the theme of verses 4-7.

Psalm 33:8-22. Theme: _____

Encircle the imperative words (commands) that you read in verses 8-22.

Underline the things that the Lord does on behalf of the righteous.

7. What do you think David meant by, "taste and see that the Lord is good" (v. 8)?

8. In verses 9 and 11, David talks about the “fear of the Lord.” What does this mean?

9. How does a person demonstrate the “fear of the Lord” (*vv. 12-14*)?

10. Juxtaposing the goodness of the Lord and the fear of the Lord, comment on this statement: “There is no experience of God’s goodness without a corresponding godliness.”

11. As the psalmist exhorts the community to heed wisdom and follow the path of the “fear of the Lord,” what contrasts can we see for those who live righteously and those who do evil (*vv. 15-22*)?

<i>Righteous Living</i>	<i>Evil Living</i>

12. What difficult situations do the righteous people face (*vv. 17-19*)? How are they able to cope in these situations?

13. Observe how this wisdom section starts and ends with “who take(s) refuge in him.” How are these two the same and different in their purpose in this psalm?

In the space above, write what you think is the theme of verses 8-22.

WALK: *Applying the Word*

Questions for Adults

1. Sharing our deep afflictions or struggles with others is quite uncomfortable at times, but as we see in our passage, David used his experience of afflictions to testify about God. What afflictions are you carrying these days? If you are willing, share them with the group. If not, who are you going to share it with in the next coming days for prayer and encouragement?
2. Looking beyond yourself, think and pray for a Christian friend or two who you know have been suffering and need deliverance from their situation. Pray for an opportunity to reach out to them this week.
3. Do you know a family member or a friend who is not yet a Christian and in pain or troubled these days? In what practical ways can you witness to him/her using what you’ve learned from this psalm?
4. Pray for GCF (Prayer requests supplied by the Leader).

Questions for the Youth

1. Affliction can either bring us closer to God or farther away from him. God continues to shower us with his love even in the midst of affliction. Why is it so difficult to see God’s love when you’re experiencing affliction?
2. In some video games, you play as part of a team. Each member of the team has unique strengths and weaknesses, and the team has to work together in order to achieve victory. In the Christian life, we also need to be supported by fellow Christians so that we can live a victorious life against sin. How are you supporting others in your community, and how are they supporting you?

Questions for Children

1. God is good all the time. List down the reasons why God is good according to this psalm.

2. God provides for our needs. Are there some things that your family needs at the moment? List them down and pray that God will provide the things your family needs.
3. What are some examples found in this psalm of how we can be good like the Lord? List them down. What are the areas where you need to improve?