

Psalm 34: 1-18

Taste and See That the LORD Is Good

1 I will bless the LORD at all times; his praise shall continually be in my mouth. 2 My soul makes its boast in the LORD; let the humble hear and be glad. 3 Oh, magnify the LORD with me, and let us exalt his name together!

We often ask for God's blessing but how often do we bless God? Blessing God is like thanks giving in that it is a time of reflection on the person and character of God. When we bless God we express His greatness and our confidence in His ability to come to our aid in a time of need.

4 I sought the LORD, and he answered me and delivered me from all my fears. 5 Those who look to him are radiant, and their faces shall never be ashamed. 6 This poor man cried, and the LORD heard him and saved him out of all his troubles. 7 The angel of the LORD encamps around those who fear him, and delivers them.

When we seek the Lord we take our eyes off those things we fear and struggle with and place them on Him. We admit we are no longer in control but He is as He always has been. Radiance here is a deep sense of trust and security that transform our very appearance so that our confidence is apparent to everyone. Poor means one who is broken in spirit and lacks the resources to save themselves. The LORD Himself rescues us from our troubles... He sends His angel to guard us and deliver us the Angel of the Lord is Jesus our strong protector.

8 Oh, taste and see that the LORD is good! Blessed is the man who takes refuge in him! 9 Oh, fear the LORD, you his saints, for those who fear him have no lack! 10 The young lions suffer want and hunger; but those who seek the LORD lack no good thing.

Some of us are more adventurous with what we are willing to taste than others. When Patrice cooks a new dish she will say to Eliot and me, "tell me, do you want this once a week, once a month or never!" If you have never intentionally pursued a deeper relationship with Jesus, now is a great time to taste and see what it is like to know Him better and to trust Him with your hopes and fears. The promise is when we trust in God for all we need and lack, He will provide all we need and we will lack nothing we need to live a full and abundant life. Not everything that we want or prefer, but those things we need to live life we will have. We will lack no good thing. Nothing that will bring us good will be missing in our life.

11 Come, O children, listen to me; I will teach you the fear of the LORD. 12 What man is there who desires life and loves many days, that he may see good? 13 Keep your tongue from evil and your lips from speaking deceit. 14 Turn away from evil and do good; seek peace and pursue it.

Long life is connected to our conduct. Those who do good towards others have less stress thus longer days.

1. Control our tongue...watch our words and use them to heal and not hurt.
2. Tell the truth... don't lie, don't spread rumors, don't speak if you don't have all the facts.
3. Refuse to do evil... turn away from grudges, do not seek revenge, do not stand by when your neighbor suffers if you have the power to help them in any way.
4. Do good... "Do all the good you can, By all the means you can, In all the ways you can, In all the places you can, At all the times you can, To all the people you can, As long as ever you can."

Do No Harm Do Good Stay In Love With God

15 The eyes of the LORD are toward the righteous and his ears toward their cry. 16 The face of the LORD is against those who do evil, to cut off the memory of them from the earth. 17 When the righteous cry for help, the LORD hears and delivers them out of all their troubles. 18 The LORD is near to the brokenhearted and saves the crushed in spirit. 19 Many are the afflictions of the righteous, but the LORD delivers him out of them all.

God is no stranger to our suffering. He is not only aware of our suffering but He enters into our pain and understands our deepest struggles. He opposes and overcomes the oppressor. Near to the crushed in heart, the broken and saves the contrite or repentant spirit.

Jesus,

We thank you that no matter what comes our way today or what our future may hold, the one certainty is Your love, Your grace and Your power. Let us find our joy and our security in You and You alone. Amen