

## KEY THOUGHTS

- Taste is the most vulnerable of the senses, and also the most packed.
- Psalm 34, written by David, was during an emotionally packed time, both for he and for those who surrounded him.
- David **CHOSE** worship when life showed him disappointment and risk.
- In David's worst experiences, he still recognized that God came through.
- Psalm 34:8 – "O taste and see that the Lord is good..."
- Taste = experience, and it comes with a large degree of risk and vulnerability.
- There is always more to experience in God's goodness, but it likely comes with some risk.
- In the midst of your trial, your rejection, your hopelessness, your doubts – **TASTE AND SEE** the goodness of Jesus!

## SCRIPTURES

- 1 Samuel 21 – 21:2 David running for his life
- Psalm 34 – written during this time
- 1 Peter 2:1-3

## PRACTICAL & REFLECT

- Perhaps it's time to move from "smelling" that the Lord is good, to fully tasting.
- What is Jesus asking of you in order for you to taste the Lord's goodness? What choice, decision, risk, sacrifice is before you that makes you vulnerable?