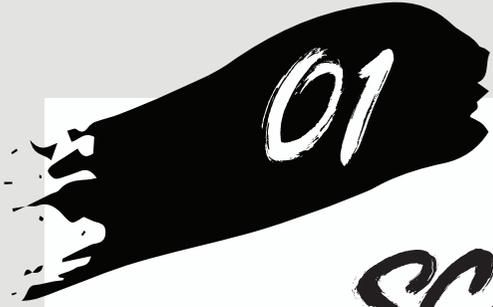




⚡ TASTE & SEE ⚡

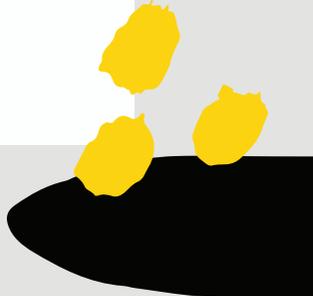




01

SCRIPTURES

1 Samuel 21:10-15 NIV



That day David fled from Saul and went to Achish king of Gath. But the servants of Achish said to him, “Isn’t this David, the king of the land? Isn’t he the one they sing about in their dances: “ ‘Saul has slain his thousands, and David his tens of thousands’?” David took these words to heart and was very much afraid of Achish king of Gath. So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard. Achish said to his servants, “Look at the man! He is insane! Why bring him to me? Am I so short of madmen that you have to bring this fellow here to carry on like this in front of me? Must this man come into my house?”

Psalm 34:1-22 NIV

I will extol the LORD at all times;
his praise will always be on my lips.
I will glory in the LORD;
let the afflicted hear and rejoice.
Glorify the LORD with me;
let us exalt his name together.

I sought the LORD, and he answered me;
he delivered me from all my fears.
Those who look to him are radiant;
their faces are never covered with shame.
This poor man called,
and the LORD heard him;
he saved him out of all his troubles.
The angel of the LORD encamps
around those who fear him,
and he delivers them.

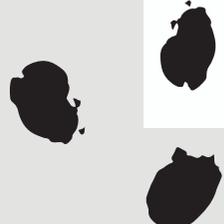
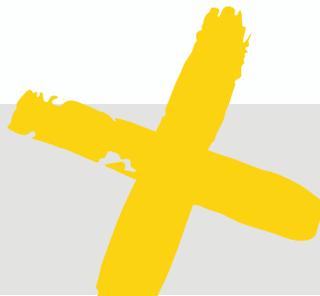
Whoever of you loves life
and desires to see many good days,
keep your tongue from evil
and your lips from telling lies.
Turn from evil and do good;
seek peace and pursue it.

The eyes of the LORD are on the
righteous, and his ears are
attentive to their cry;
but the face of the LORD is against
those who do evil,
to blot out their name from the earth.

The righteous cry out,
and the LORD hears them;
he delivers them from all their troubles.
The LORD is close to the brokenhearted
and saves those who are crushed in
spirit.

The righteous person may have many
troubles,
but the LORD delivers him from them all;
he protects all his bones,
not one of them will be broken.

Evil will slay the wicked;
the foes of the righteous
will be condemned.
The LORD will rescue his servants;
no one who takes refuge in him
will be condemned.



02

STORY RE-CAP



David had a much better reputation than Saul did; the people liked him more. This made Saul very jealous! Because of his jealousy, he chased after David and tried to kill him.

One day, David ran to a king called Abimelech for safety. He soon realised that he wouldn't be safe with king Abimelech either because the people there had heard about how David was a mighty warrior and a contender to be king...

David needed a plan - and fast! He decided to act like he was mad; a crazy person! He scratched on the doors and let drool run out of his mouth. Because of David's crafty plan, King Abimelech wasn't worried at all! David got away safe and sound.

David wrote a Psalm about his experience. He said, "I will praise God at all times." David really meant it too! He praised God in the good times - when he was defeating giants or hanging with his friends - and in the bad times - when he was running for his life!



03

HOW THIS APPLIES

Why do you think that David could praise God like that - at all times?

I think he gives us a clue later in the Psalm when he says,
“Taste and see that God is good.”

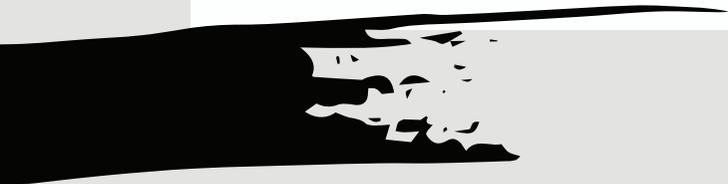
God gave David a great idea to get out of trouble with king Abimelech.
Because God rescued him, **David got to taste and see God’s goodness for himself.**
He saw that God always finds a way to rescue his people!

God does the same for us - through Jesus!



When we put our trust in Jesus, he rescues us from the punishment of sin - death.
Every single day, he helps us, rescuing us from the power of sin.
One day, when we’re reunited with God forever, there will be no sin at all!

God truly is good, all the time!





04

MEMORY VERSE

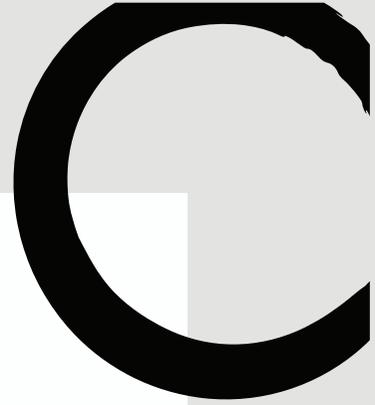
“Taste and see that the Lord is good.”

Psalm 46:8a

The verse isn't talking about actually eating God! It's a creative way of saying, "experience God for yourself and you'll discover that he's very good!"

It's true too! When I experience God's love for me, or think about how he takes care of me, I realise again and again that he is very good!

*(Repeat the memory verse a few times in creative ways.
Repetition makes it stick!)*





05

UNPACKING SCRIPTURE



David wrote this Psalm at a tough time in his life! Somehow, even in that tough time, he still managed to see that God is good! Let's take a look at some of the different ways that he experienced God's goodness...

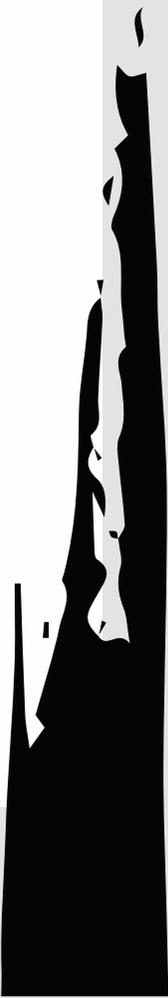
Let's have a look at the rest of the Psalm.



Psalm 34:6 - "In my desperation I prayed, and the Lord listened"

Can you believe that the mighty God of the universe stops to listen to us when we pray?

That is amazing! God is good!





Psalm 34:18 - "The Lord is close to the brokenhearted, and he saves those whose spirits have been crushed."

David tasted God's goodness - even in the times when he felt completely brokenhearted. In my life, I have learned that God can use even the most sad and difficult times for his glory and my good. God uses the tough times to draw us closer to him and to show us another side of his character. Can you believe that the mighty God of the universe is right there with you when you feel brokenhearted? He cares so deeply for you! God is good!



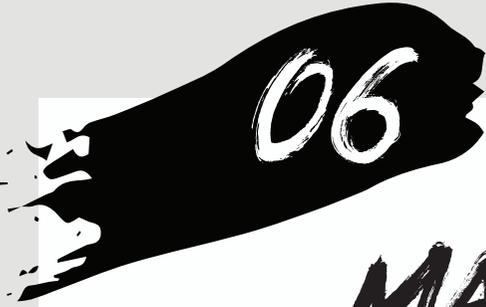
Psalm 34:22 "The Lord saves his servants' lives; no one who trusts him will be judged guilty."

David knew that he served a saving God because God had saved him from Saul! We serve that same God! He can save us too. When we put our trust in Jesus and in what he did for us on the cross, he saves our lives! We are not judged as guilty because Jesus has already paid the price for our sin and given us his righteousness!

We are right with God because of Jesus.

Can you believe that the mighty God of the universe would make a way to save his people? God is good!





06

MAIN POINTS



1. God is good, all the time!
2. We'll never truly understand how great God is until we experience him for ourselves!
3. The God of the universe stops to listen to our prayers.
4. God is right there with you when you feel brokenhearted.





07

DISCUSSION

1. Why do you think that David could praise God at all times?
2. What do you think David meant when he wrote the words, “taste and see”?
3. How have you experienced God’s goodness?



08

CHALLENGE

Find creative ways to learn the memory verse over the next week!
Repetition makes it stick!

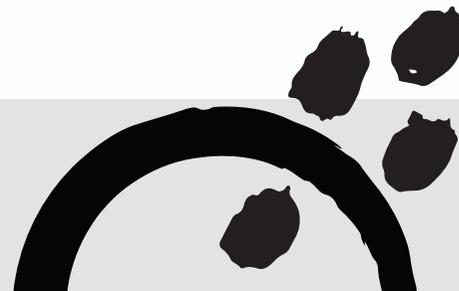


09

CRAFT

Taste & See:

1. *Print the place setting on the next page or draw your own version*
2. *Colour in your craft*
3. *Draw or trace a knife and fork on either side of your plate.*
4. *When you are creating your craft, **Think of ways that you have experienced God's goodness.***



TASTE

& SEE that the

LORD IS
GOOD



- Psalm 46:8a

THE END

