

TRACK 3: TASTE AND SEE

#### **Sermon Notes**

**Text: Psalm 34** 

#### Introduction:

The Psalms express real life to a real God who really cares.

Alphabetical acrostic pattern

Psalm of thanksgiving

Context/Title: "Of David. When he pretended to be insane before Abimelek, who drove him away, and he left." (see 1 Samuel 21:10-15)

David narrowly escaped enemy hands by acting insane. Was he right in acting this way? Hard to say. His main point is this: He did not give himself credit for his escape. He gave credit to God, and wrote a Psalm to express how important it is to praise God all the time.

Psalm 34:4 "I sought the Lord, and he answered me; he delivered me from all my fears."

Psalm 34:17 "The righteous cry out, and the Lord hears them; he delivers them from all their troubles."

Praise the Lord...

## 1. At all times (v.1)

Not "all the time;" "at all times," meaning, in every situation.

**1 Thessalonians 5:16-18** "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus."

What's God's will for my life? Rejoice! Pray! Give thanks! All the time!

### 2. Out Loud (v. 2)

Our testimony and praise encourages those who are afflicted/humble.

v. 8 "Taste and see that the Lord is good;"

Romans 10:14 "How, then, can they call on the one they have not believed in? And how can they believe in the one of whom they have not heard? And how can they hear without someone preaching to them?"

Preaching is little more than praising the Lord in front of people.

We are often silent, because we think the impact of the gospel depends on us, but it doesn't. The message itself has more power than the words you use to share it. There's POWER in the message of the gospel – even if there's no power in your ability to communicate it.

### 3. All Together (v. 3)

**Hebrews 10:24-25** "And let us consider how we may spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another—and all the more as you see the Day approaching."

#### Conclusion

**John 19:36** "These things happened so that the scripture would be fulfilled: 'Not one of his bones will be broken.'"

**Exodus 12, Numbers 9 - The Passover lamb should have none of its bones broken when it is killed.** 

Jesus is the fulfillment of the Passover lamb. He was slain, so that we could go free.

David writes in his Psalm:

v. 19-20 "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."

We have no claim on the promises of v. 19 & 20; Jesus does. But by faith in him, we receive his righteousness. Now we lay hold of the promise that we will remain intact even though we "may have many troubles."

So how do we respond? "Rejoice always, pray continually, give thanks in all circumstances"

"The most important thing a pastor does is stand in a pulpit every Sunday and say, 'Let us worship God.' If that ceases to be the primary thing I do in terms of my energy, my imagination, and the way I structure my life, then I no longer function as a pastor." ~ Eugene Peterson

# **Life Group Discussion**

- 1. Warm up:
- 2. The intro to the Psalm references an event recorded in 1 Samuel 21:10-15 (v. 1-9 provide additional context). What do you make of this event? Why do you think David would base a Psalm on this experience? Do you think David was justified in lying to the priest, or in acting insane in front of the king? Is lying ever justifiable?
- 3. Read Psalm 34:1 and 1 Thessalonians 5:16-18. What do these verses mean? If you were to really live out these verse, what would it look like?

- 4. What does it mean to "Taste and see that the Lord is good" (v. 8). How is this done?
- 5. Read Hebrews 10:24-25. What is this talking about? What is the value in gathering with other Christians? What is the value in church attendance? How often should a person attend church? What other ways can we live out this passage in addition to Sunday attendance? Can you live out this passage *without* Sunday attendance?
- 6. Pray together:
- a) Pray for an attitude of rejoicing, praise and thankfulness.
- b) Other requests:
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