



1

Open your mouth and taste, open your eyes and see—how good God is.
 Blessed are you who run to him.
 Worship God if you want the best;
 worship opens doors to all his goodness. Young lions on the prowl get hungry, but God-seekers are full of God.



Psalm 34:8 – 10 (MSG)

2



Discuss



- What are different tastes that the human body recognizes? There are at least 5 unique tastes.
- The Message paraphrase uses multiple ways to “sample” God and His protection. List the ways he expresses this in these verses.
- Now list the results the psalmist says are benefits of experiencing God.
- Share together how God has blessed your family and been good to you as you have placed your trust in Him.



3

Pray



- Thank the Lord for all the tasty treats you enjoy from your meals each day.
- Thank Him for the blessings He has brought to your lives as you have trusted Him.
- If you have a burden or problem, do as the psalm says and “run to Him” right now.
- Pray for friends or family members who have not yet “tasted” of the goodness of God’s salvation.



4