

Taste and See
Psalm 34
The Laurel Center
June 5, 2015

Main Idea: The Lord always helps the righteous and their afflictions.

Introduction

One of the most quoted verses from many comes from Psalm 34. The idea of “tasting and seeing” that the Lord is good is the conclusion of many who have trusted in the Lord for many years. And yet in this solemn, David says this because of the way the Lord was with him through his trial. “Taste and see” does not refer to a life celebrating the goodness of God during good times but during dark times. Experiencing the Lord’s goodness is more about the trials done the triumphs of life, although it includes both. The song becomes the new Battle hymn of those who go through suffering. Let’s take a look at how the word shows himself to be good as we experience his presence in the midst of darkness and can trust in him because of that experience.

Psalm 34:8–9

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!

- I.** The Lord is good to the righteous (vv. 1 – 10).
 - A We praise the Lord for his goodness to us.
 - B The Lord has never let down his faithful ones.

Psalm 34:13–14

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.

- II.** The Lord blesses those who honor him (vv. 11 – 14).
 - A We must learn to do good to others.
 - B We must learn to honor the Lord.

Psalm 34:17–18

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.

- III.** The Lord helps the righteous in their distress (vv. 15 – 22).
 - A The Lord’s presence is with those in affliction.

B The Lord defends those in trials.

Conclusion

God's good news is immeasurable. He helps us the matter what our situation, whether we live in plenty or in want. As Paul tells us God teaches us how to live contentedly in every situation. He has sent us every good gift as James tells us. God is so good to us we can't even imagine. The phrase "seeing is believing" is popular today but not true. Biblical belief is trusting before you see what happens. But the biblical phrase "taste and see" is a phrase based on seeing God's goodness in the midst of your trial and experiencing his goodness. We can see his goodness in the midst of our trials and in every circumstance when we look back on it and see how God guided us through.