

Taste and see that the LORD is good; blessed is the man who takes refuge in him. Fear the LORD, you his saints, for those who fear him lack nothing. The lions may grow weak and hungry, but those who seek the LORD lack no good thing. Psalm 34:8-10

Taste And See

You have been a nimbler, haven't you? Yes, I suppose that I have. **What has tasted really good to you?** Not much, except you. I've found that nothing in all of life has fed my hunger and satisfied my thirst quite like you. **But, you're still hungry and thirsty aren't you?** Yes, I am. I have tasted of your goodness. You have refreshed my life. I was weak and weary. You strengthened me and have given me hope. Now, I can't get enough of you. I want to sit at your feet and rest in your presence. It feels so good to take refuge in you. I feel like I've come home to where I belong after wandering away on a long journey.

How was that journey? It wasn't good. It was like a storm that bruised and battered my life. I was tossed up and down and back and forth. Just when I thought I was going to drown you reached out your hand to rescue me. You drew me back to you. You changed the course of my life. You became the captain of my ship. You led me into a safe harbor where I could take refuge in you.

That's where you are right now. Yes and for that I am so thankful.

You can't stay in this safe harbor forever. Don't misunderstand me; I always want you to take refuge in me. I want you to always rely on my strength. But, I will be leading you out into open waters once again. This time you will not be on your own. You will be following me to wherever I lead you. You will be doing all that I ask of you. In my strength you will not grow weary. As you rely on me you will have nothing to fear. I will see to it that you lack no good thing. Will you trust me? Yes Father, I will. **Why will you?** I will because I have tasted of your kindness, mercy and love. I want nothing else other than to love, follow and serve you. I have no other life to live than the new one you have given to me. There is no place I would rather be than with you. There is nothing I would rather do than serve you. You are my refuge and strength. You have blessed my life with your goodness. You have my future in your hands. It is my delight to take each new step of each new day with you. You have all of my heart. I am fully devoted to you. **You're no longer a nimbler are you?**

Heavenly Father, thank you that I can take refuge in you. I have tasted and seen of your goodness. You have blessed my life and met all my needs. When I have been weak and hungry you have fed me and sustained my life. Amen

Takes Refuge In Him

Year _____ Week _____ Day _____ Date _____

God The Father – Psalm 34:8-10

In Context: *Read Psalm 34*

Begin With Prayer:

Here I am Lord. I Am Listening.

Meditating On God’s Word: ***(What is God speaking to your heart?)***

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Considering The Words: ***(What words speak to your heart?)***

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Praying The Scripture:

(What prayer from your heart will you write?)

Heavenly Father, thank you that I can take refuge in you. I have tasted and seen of your goodness. You have blessed my life and met all my needs. When I have been weak and hungry you have fed me and sustained my life. Amen

What It Means:

(What questions speak to your heart?) *(Suggested questions for small group discussion are in bold)*

What has helped you to taste and see the goodness of your Heavenly Father?

What has hindered your ability to taste and see the goodness of your Heavenly Father?

How has your Heavenly Father provided for your needs as you lived in reverent awe of Him?

How has your Heavenly Father blessed your life when you have taken refuge with Him?

When have you discovered that you were foolishly taking refuge in something other than your Heavenly Father?

How has your own hunger and weakness driven you to taste and see the goodness of your Heavenly Father?

When has your Heavenly Father strengthened you in your weakness when you have sought Him?

Living It Out:

(What action step is God guiding your heart to take?)

Take time each day to take refuge with your Heavenly Father so that you can taste and see His goodness.

Seeing It Happen:

(What are you trusting God for in your heart?)

Have faith that you can take refuge in your Heavenly Father and trust that He will meet your needs.

Get Ready To Share:

(What can you share with others from your heart?)

Share with another person or your small group how you are growing to taste and see your Heavenly Father’s goodness.

Close With Prayer:

Quiet Yourself Before The Lord

Pause And Offer Prayers Of...

With An Attitude Of Faith Listen To What The Lord Wants To Say To You

Adoration... _____

Thanksgiving... _____

Confession... _____

Intercession... _____

Petition... _____

