

Taste and See that the Lord is Good

1. _____ that the Lord is good.

O taste and see that the Lord is good;
How blessed is the man who takes refuge in Him. Psalm 34:8

How sweet are your words to my taste.
Yes, sweeter than honey to my mouth. Psalm 119:103

2. Fight the desire _____ !

- We feel distant and live somebody else's spirituality
- We feel distant from ourselves and identities and callings, and live out the tyranny of the urgent
- Undercurrent of anxiety
- Get exhausted
- Turn to escapes of our choice
- We become prey for the tempter.
- Unhealthy sets in.
- We love from the surface not the core.

I pray that the eyes of your heart may be enlightened in order that you may know the hope to which he has called you, the riches of his glorious inheritance in his holy people,¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms. Ephesians 1:18-20

Run, John, run, the law commands
But gives us neither feet nor hands,
Far better news the gospel brings:
It bids us fly and gives us wings. Corrie Ten Boom

3. _____ and His Word.

Therefore, putting aside all malice and all guile and hypocrisy and envy and all slander like newborn babies, long for the pure milk of the word, that by it you may grow in respect to salvation, if you have tasted the kindness of the Lord.

I Peter 2:1-3

Romans 8:6

Small Group Questions

1. Read Psalm 34:1-8, As you spend time with God, and declutter your mind, how is your “tasting” going? Share about a time that you tasted that the Lord was good. Tasting takes time. Eliminating distraction, helps us taste and see that the Lord is good. Are you able to taste and digest the goodness of the Lord?
2. Read 1 Peter 1:1-8, Identify an area in your life where you are feeling “stuck” and you need the pure milk of the word that will grow you “with respect to your salvation”. Share about an area you feel “stuck”. Think of a flower seed and everything that is happening inside the seed and its germination, before it blooms! Remember that as you are nourished in the Word. The Spirit “gives us wings” and creates life where we cannot. TIME with Him allows us to be transformed into His image.
3. Reread Ephesians 1:18-20, practice praying scripture INTO each other’s lives. Read the verse, and insert the name of the woman sitting next to you along with the area of need.

Example:

I pray that the eyes of **Denise's heart** may be enlightened in order that *she* may know the hope to which he has called *her*, the riches of his glorious inheritance in his holy people,¹⁹ and his incomparably great power for us who believe. That power is the same as the mighty strength²⁰ he exerted when he raised Christ from the dead and seated him at his right hand in the heavenly realms, Ephesians 1:18-20

I pray that **Denise** would long for the true milk of the word, so that she may grow in respect to her salvation, **especially in the area of patience.** 1 Peter 1:2,3

Read at Home:

1. Ephesians 1:18-20
2. 1 Peter 1:1-8
3. Psalm 34:1-8
4. Psalm 42:1
5. Romans 8:4-6