

MY STORY, MY SONG

Psalm 34: Taste and See

Worship isn't just for the mountaintop—it's a lifeline in the valley. Even in your most painful, confusing moments, you can choose to praise God and experience his goodness.

Discussion Questions:

1. What's your default thought about God when things go wrong?
2. Think back to a moment when you were overwhelmed but still felt peace. What helped you in that moment?
3. Take a moment to look at the lyrics to the song **Psalm 34**:

*I sought the Lord and He answered me and delivered me from every fear
Those who look on Him are radiant
They'll never be ashamed
They'll never be ashamed*

*This poor man cried and the Lord heard me and saved me from my enemies
The Son of God surrounds His saints
He will deliver them
He will deliver them*

*Magnify the Lord with me
Come exalt His name together
Glorify the Lord with me
Come exalt His name forever*

*Taste and see that the Lord is good
Oh blessed is he who hides in Him
Oh fear the Lord all you saints
He'll give you everything
He'll give you everything*

4. What lyrics or lines stand out to you the most, and why do you think they resonate with you?

5. Read **Psalm 34:4–6** aloud. This Psalm was written by David, who at the time was on the run because his life was in danger. What stands out to you about David's fear and God's response?

I sought the Lord, and he answered me; he delivered me from all my fears.

Those who look to him are radiant; their faces are never covered with shame.

This poor man called, and the Lord heard him; he saved him out of all his troubles.

6. What's something you could do this week to remind yourself of God's goodness—especially in the middle of a hard situation?