

TASTE AND SEE THAT THE LORD IS GOOD

Psalm 34:8

St Nicholas Church Sighthill
8th August 2021

God is good... all the time

Call to worship/ Opening Prayer



Lord our God,
 it is by Your breath
 that we live.
 It is because of Your Spirit
 that we exist.
 Your kiss of life
 is our daily revival.
 You are the wind beneath
 our wings.

Song: Be still for the presence for the Lord
The Holy one is here

<https://www.youtube.com/watch?v=ZugvUQ4m90U>

Prayer of Adoration and Confession

O Lord, we come now before you in prayer in the peace and quietness of the morning, when the world is silent except for the singing of the birds; and in expectation of your abiding presence we pause, and you are there waiting to reassure us that you are in control. We wait, confident of your ability to defeat the powers of evil that are waiting to turn another day into times of stress and anxiety; when everything in the world seems so out of control. But you are there – and evil will be defeated within Your own time.

Creative pause: *In the morning, God is there in God's own world.*

O Lord, we come to you, amidst the bustle of daily life at the noon-time, and there is a disquiet in the air, as the media and the latest electronic gadgetry all scream their headlines about further difficult and strained international relationships; tension fills the airwaves about the inequities of vital resources and opportunities for people and nations; an anger at the ruthless exploitation of natural resources; and the manipulation of the world's finances and food supplies. Then as we pause we are reminded, You are still in control of Your world, and that we need to hand over our

fears and anxieties to You, and to just trust in the way You react to evil.

Creative pause: *At the noon-time, God is active in God's world.*

O Lord, in the evening we come to You – tired and troubled by many things, and You are there ready to listen, to sooth our anxieties, to cool our anger, and to answer our prayers. And as we pause, we are reminded that we do trust in You, our God; that even in our anxiety, the security and joy-filled delight of being held closely in God's hands is still there for us; that we can let go all that has hassled us during the day; and go to our bed trusting in You, our infinitely wise and all-knowing God. We know we can rest quietly, assured that we can commit all our anxieties, our plans, our hopes and dreams into Your hands - just as we have committed all we have and all we are to You, our God – and that You will continue to be God despite all the plans of the wicked, because You are supreme – always and forever.

Creative pause: *In the evening, I confidently rest in God's care, in God's world.*

Lord Jesus, you have shown us the way to live, the way to behave, help us to want to be more like you. In Jesus' name we pray. Amen

The Lord's Prayer

Our Father, who art in heaven, hallowed be thy name, thy Kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread. And forgive us our debts, as we forgive our debtors. And lead us not into temptation, but deliver us from evil. For thine is the kingdom, the power, and the glory, forever. Amen

Bible Reading

Ps 34:1-8 (Praise for Deliverance from Trouble Of David, when he feigned madness before Abimelech, so that he drove him out, and he went away).

I will bless the Lord at all times; His praise shall continually be in my mouth. My soul makes its boast in the Lord; let the humble hear and be glad. O magnify the Lord with me, and let us exalt His name together.

I sought the Lord, and He answered me, and delivered me from all my fears. Look to Him, and be radiant; so your faces shall never be ashamed. This poor soul cried, and was heard by the Lord, and was saved from every trouble. The angel of the Lord encamps around those who fear Him, and delivers them. O taste and see that the Lord is good; happy are those who take refuge in Him.

KIDS REFLECT ON THE VERSE, 'TASTE AND SEE THAT THE LORD IS GOOD' (PS 34: 8)
<https://www.youtube.com/watch?v=BuO4uSggQ8Q>

Brief Reflection – ‘Taste and see...’

The primary purpose of the psalm is to teach us about God. In verse 8, the psalm’s author, David, invites readers to “taste and see that the Lord is good.” What does it mean to taste and see that the Lord is good

To taste involves testing or sampling; to see involves understanding or perceiving. The phrase taste and see, then, means “try and experience.” David urges God’s people to discover the goodness of the Lord by personal trial and experience it for themselves. He doesn’t want readers to merely take his word for it that the Lord is good; he wants them actively to experience and know for themselves the fact that God is good.

We often associate taste with pleasure and satisfaction. Bible commentator Matthew Henry elaborates on this idea: “Let God’s goodness be rolled under the tongue as a sweet morsel.” When David says, “Taste and see that the Lord is good,” he is calling us to figuratively take a bite—to try for ourselves by our own experience—and find out exactly how satisfyingly good God is. The apostle Peter applies the same language in 1 Peter 2:3 when he says, “You have tasted that the Lord is good.”

Tasting must happen before seeing; that is, our spiritual experiences bring us to spiritual enlightenment and understanding. David desires others to “taste and see.” He wants them to experience what he has experienced so that they can know what he has come to know, the soul-sustaining goodness of the Lord.

Psalm 34 goes on to outline examples of God’s incredible goodness to those who take refuge in Him: He takes care of their every need (verses 8–10); He provides for them with a good, long life (verses 11–15); He is with them through troubles and saves them from their enemies (verses 17–22). Those who taste and see that the Lord is good will know His provision.

Jesus’ followers experience tastes of God’s goodness and grace when we observe the beauty of His creation or recognize His blessings of provision, protection, and care. We taste and see His goodness when we contemplate His holiness and infinite righteousness. We delight in His goodness when we appreciate the cost of Christ’s sacrifice for our salvation.

To taste and see that the Lord is good, we must trust God and seek Him as our sole source of protection and provision. The only way to genuinely taste and see that the Lord is good is to put the matter to the test, to try and experience His goodness for yourself.

Prayer for others

O Christ, you once said, “I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.” (John 6:35) Today we yearn for your abundant life. We hunger for the bread of heaven to sustain us on our journey to find you. Nourish us with your steadfast love and abundant mercy along the way.

Source of love, this is a precarious and tenuous time as we learn to live in new ways with COVID- 19 still in our midst. We are so grateful for the miracle of the

vaccinations yet are concerned for the surge of the delta variant. And there remains a vaccine inequity around the world. Help us to find ways to bring care and healing to all who need it. We still do not know what long-term effects the pandemic will have on our collective health, economies, and social structures. May we place our trust in you and may your transformational love unclench the grip that fear has on us. The (USA) gymnast, Simon Biles, stepped away from competing in the Olympics in Japan to focus on her mental well health. Holy One, we are grateful for those who articulate their need for help, who prioritize their health over others’ expectations, and who know the freedom that can come from setting boundaries.

O Creator, your creation continues to cry from the desolation and destruction caused by climate change. No corner of the world is unaffected- flooding. Lord, stir our complacent hearts. Let us not be fatigued by the magnitude of the devastation, for you are a god of small beginnings. Guide us toward better understanding of how we might be change agents against the rise of climate change. Cast a vision of how we may be better stewards of your creation and all that lies within it.

Alpha and Omega, there is no beginning or end to your love, mercy, and grace. We pray for your children in North and South Korea as leaders within both countries have articulated a commitment to improve diplomatic ties and rebuild trust. We pray for your children in China as the government is expanding its nuclear capabilities with the construction of a second field of missile silos in its western deserts. We pray for your children in the Tigray, Ethiopia as conflict between the central government and the Tigray People’s Liberation Front has begun to spread to other parts of northern Ethiopia, and attacks continue against Eritrean refugees in the region. We pray for your children in Afghanistan as there have been escalating attacks on civilians as Taliban insurgents have recently captured more areas and seized vital border control points.

God, we thirst for your justice and hunger for your peace. We pray for the day when all will turn their weapons into ploughshares. We hope for the day when we will break bread together and feast upon your abundant love. We pray this in the name of your son and our savior, Jesus Christ, Amen.

Closing Song: "Guide me O thou great Jehovah"

<https://www.youtube.com/watch?v=XFqX9J7HNdM>

Final blessings

God, help us shake the dust off our feet, and go into the world with a spirit of healing love. Faith, belief and discipleship are to be lived out. May we, your followers in this generation, go to meet our world: with your blessing, with the example of Jesus ever before us, and the energy of the Spirit driving us. Amen

God is good all the time