



## WORD

*Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!* **PSALM 34:8**

(Read also **PSALM 34.**)

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This psalm was written by David at a time when he was promised to be king but he wasn't yet. In fact, he was surrounded by many enemies and difficult circumstance. At one point, David pretended to be mentally ill before Abimelech, and he was driven away. The Lord blessed David by delivering him from trouble, and blessed him even more by protecting him after he fled. But God's goodness didn't stop there—the greatest blessing David received was God Himself. He knew God intimately, and declared the goodness of God in a personal and powerful way. The God who showered David with goodness is the same God who loves us and shows us goodness every day. In this lesson, we will look at how we should respond to God's goodness in our lives.

## 1 Praise the Lord.

*<sup>1</sup>I will bless the Lord at all times; his praise shall continually be in my mouth. <sup>2</sup>My soul makes its boast in the Lord; let the humble hear and be glad. <sup>3</sup>Oh, magnify the Lord with me, and let us exalt his name together!* **PSALM 34:1-3**

When faced with trouble, David magnified God instead of the challenges he was experiencing. In the same way, we should praise God not only during worry-free situations, but also even when things are tough. Because the truth is, He is good regardless of our circumstances and He always deserves our praise. Considering your present circumstance, in what way can you praise God?

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## 2 Seek the Lord.

*<sup>4</sup>I sought the Lord, and he answered me and delivered me from all my fears. . . . <sup>10</sup>The young lions suffer want and hunger; but those who seek the Lord lack no good thing.*

**PSALM 34:4,10**

David never passed up an opportunity to seek the Lord. He faced every challenging situation by seeking God and letting Him lead. Just as David ran to God believing and expectant of an answer, we, too, should never grow tired of seeking the Lord every day. Because He is never distant nor deaf, we know that He hears every single plea and cry of our hearts. Recall a time when you cried out to God and He answered. How did He show you His goodness?

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## 3 Trust the Lord.

*<sup>17</sup>When the righteous cry for help, the Lord hears and delivers them out of all their troubles. <sup>18</sup>The Lord is near to the brokenhearted and saves the crushed in spirit.*

**PSALM 34:17,18**

(Read also **DEUTERONOMY 3:16.**)

When David needed God, He was there. He did not fail to deliver David from trouble. God comforts us and delivers us from all our troubles. Because God is good, He desires the best for His children. We can trust Him because He will fulfill His promises. In times when things are rough, we have the assurance that we can depend on Him no matter what. Why should we be courageous and not afraid (Deuteronomy 31:6)? What promise did God give to those who believe in Him?

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## APPLICATION

- Do you believe that God is good? In what area have you seen His goodness? How can you grow in your understanding of who He is this week?
- When faced with challenges, do you praise, seek, and trust God amidst your situation or do you rely on your own strength? In what area do you need to trust God?
- How can you manifest God's goodness to others this week? To whom can you be a blessing and a reflection of God's goodness?

## PRAYER

- Thank God for His goodness in your life. Recount His blessings to you and your family.
- Pray for your relationship with God to grow deeper as you seek Him, and for His goodness to be reflected in your life.
- Pray for opportunities to share God's goodness to others, and what Jesus has done on the cross for us.



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