



PSALM

34

SEEK &  
SAVOR

DISCOVERING HIS GOODNESS  
A FOUR-WEEK STUDY

SILVERDALE WOMEN

## WEEK ONE

# TASTE & SEE

Most of us would say we want to “taste and see that the Lord is good” (Psalm 34:8), but we either don’t know how or don’t feel like we have time. Tasting and seeing are things that have to be done individually and personally. In other words, no one can taste or see FOR you. We each have to take the bite or turn our eyes for ourselves. One of the ways we do that is to look into the Word.

Studying the Bible is foundational to us seeking and savoring God. He has written a book containing all the things He wants us to know about Him! The Psalms are part of that book. For the next four weeks, we will be studying truths that will help us “taste and see that the Lord is good” in every season. This week, we are going to spend time looking at what God says He does in and for His people. Let’s dig in!

### DAY 1

Start by asking the Lord to help you “taste and see” that He is good. God has always been interested and involved in the lives of His people. Read Psalm 34 and underline everything the Lord does. Thank Him for His active work in your life. (Example: verse 4- “I prayed to the Lord and He answered me”)

### DAY 2

Read Psalm 34 again. Circle everything the writer, David, does. Now read verses 1-3. Part of tasting and seeing is praising. To praise means to express admiration, respect, or gratitude. When does David declare it appropriate to praise the Lord? Why is this significant? There is a busyness in our culture that can distract us from stopping to deliberately seek and savor Jesus. Pause today to praise Him regardless of what you’re going through. \*Hint: Don’t know where to start? Look back at your underlined words from yesterday for reasons to praise. Or listen to the Seek & Savor (Illuminate 2021) Spotify playlist.

### DAY 3

Read Psalm 34:4-7. David says he sought the Lord and cried out to Him. Look up God’s promises in Jeremiah 29:13 and James 4:8. “The Lord rewards those who seek Him” (Hebrews 11:6). Ask Him to give you a greater desire for Him today. \*Hint: if you want to know more about how to do this, read Colossians 3:1-17.

### DAY 4

Look up Psalm 34:8-10 and notice how the one who fears and seeks the Lord is described. Christ’s sacrifice not only pays for our sins but provides us with everything we need for a godly life. We “lack no good thing.” Read 2 Peter 1:3 and thank God for giving you everything you need for a right relationship with Him. Then confess your tendency to believe the lie that you don’t have all that you need.

### DAY 5

Read Psalm 34:17-18. Now, look up Matthew 1:21 and Romans 10:9. Sin has broken everything in creation, including our hearts. We easily ask God to save us from a situation over saving us from our greatest need, our sin. Write a prayer to God thanking Him for saving you from your sin.

## WEEK TWO

# GOD IS GOOD

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God's goodness doesn't change. It cannot increase or decrease based on life experiences. This week, we would look at several places in the Bible that He shows Himself to be good and consider how we can share His goodness with those around us.

### DAY 1

Psalm 34:8 says we can experience God as good. His goodness can be defined as "He is what is best and gives what is best. He is incapable of doing harm."\* "Taste and see" implies action on our part. We should actively look for and experience His goodness in our life. Read Genesis 1:31 and 1 Timothy 4:4 and consider how you experience His goodness in creation today.

*\*Attributes of God by Children Desiring God*

### DAY 2

Ultimately, we know God is good (Psalm 34:8) because He has given us Jesus as our Savior. We delight in the good news of the gospel, but we cannot savor God as Savior if we do not first recognize our need of saving. Read Titus 3:3-7. Take a few minutes to consider what your life was like before you knew Christ. Journal about the changes that knowing Christ has brought to your life, and then rejoice in all that Jesus did to save you.

### DAY 3

The good news of the Gospel does not mean that only good things happen to us after we are saved. (Read Psalm 34:19) Regardless of our circumstances, He is good - it is who He is! Because He can do anything, He can create good in every situation. Read Genesis 50:20 and Romans 8:28. Ask Jesus to help you believe He will use whatever difficult situation you are facing for good.

### DAY 4

Once we are His, Jesus is good to change our hearts and desires to match His heart and desires. Read Psalm 107:9 and Matthew 5:6. What "good things" are you desiring God to fill in you? Ask Him to change your heart to desire the things He desires.

### DAY 5

Read Luke 2:10. What kind of news did the angels bring? Now read 1 Thessalonians 2:8. Who in your life needs the good news of the gospel? Pray for them by name.

OUR RESPONSE

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Psalm 34 goes beyond just saying that God is good. It tells us that we have to actively experience – “taste and see” - His goodness for ourselves. Is it really possible to “taste and see” that God is good when your circumstances aren’t good? The Psalms teach us to be honest with God. The writers of the Psalms lived centuries before us but were waiting on Christ to come. As they waited, they sang of their experiences, their questions, and their sorrows. These songs teach us to seek and savor God even when life is difficult.

DAY

1

Read Psalm 3. David is overwhelmed with his enemies. His own son had turned away from Him, and David had to flee for his life (2 Samuel 15-16). Helpless, David cried aloud to God. Because God had been faithful to answer in the past, David knew God would not leave him in this situation. Do you have past situations where God has proven Himself to be faithful? Make a list to remember God’s faithfulness in your past.

DAY

2

Read Psalm 13. David is weary and discouraged from waiting. He feels forgotten by God, and his troubles have made him lonely for God. When he looks to the Lord he is encouraged, even though his circumstances have not changed. God invites us to bring our weariness and discouragement to Him. Do you have situations that have made you weary of waiting? Take those areas to God in prayer and ask him to encourage you in your waiting.

DAY

3

Read Psalm 41. David suffered physically, was slandered by his enemies, and was betrayed by a close friend. Even in his desire to live for God, David had fallen into sin. David pleads for mercy from God to support him in his physical suffering and to deliver him from his enemies. Do you have suffering in your life? Ask God to support you and remind you of His delight in you.

DAY

4

Read Psalm 63. In this Psalm, David feels empty and dry, emotionally and spiritually. He poetically describes this as if in a desert, and his thirst is for the Lord. He knows that only God can satisfy him and pleads for God to lift him up. If you are in a dry season, ask God to lift you up and satisfy you with His presence.

DAY

5

Read Psalm 142. This Psalm relates to a period in David's life where he was hiding in a cave. He was lonely but devoted himself to prayer. He asked God to hear and deliver him. Though he was at a very low place, he prayed boldly for the Lord’s deliverance. If you are feeling low, cry out to God as David did. Ask Him to encourage you and guide you to relief.



## SEEK &amp; SAVOR

One of the names of Jesus is Immanuel, God with us. The birth of Jesus fulfilled hundreds of years of prophecy. Jesus was God in the flesh, God with us. We are called to remember that God was faithful to His promise to send a Messiah. Jesus is the Savior we are seeking so we can “taste and see” that God is good. Our hope for eternity lies in Him. We are expectant with hope remembering His first coming, even as we wait for Christ’s return. He will one day make all things right.

DAY  
1

Read Isaiah 7:14 and Isaiah 9:6-7. Isaiah told of the birth of Jesus, the Messiah. The Jewish people waited expectantly for Jesus to come the first time. In what ways can you hope in Him?

DAY  
2

Read Luke 1:26-38. Prior to Jesus’ birth, the angel told Mary that she would conceive and bear the Son of the Most High. Mary’s first response was confusion and fear. But the angel told her not to fear for she had found favor with God. Write a prayer asking God to help you in your confusion and fear.

DAY  
3

Read Luke 1:46-55 This passage is Mary’s song of praise. In verse 46 she says, “My soul magnifies the Lord.” Mary’s song echoes Psalm 34:3, which calls us to magnify the LORD and exalt His name together. List areas in your life that you need to magnify the Lord.

DAY  
4

Read Matthew 1:18-25 and Luke 2:1-7 Jesus was born just as Isaiah had foretold. This is praiseworthy news indeed! Share that good news with a neighbor, friend, or someone who needs to hear it today.

DAY  
5

Read Luke 2:8-21. The angel of the Lord appeared to the shepherds and declared that the Savior, Christ the Lord, had been born. The shepherds rushed to find Mary, Joseph, and the child. Their response was to praise God for all they had heard and seen and to tell everyone what they had been told concerning this child, Jesus. Do we feel that same sense of urgency in telling others about Jesus?

Read Psalm 34 again. Ask God to help you know Him more as you read His Word. Bring your cares to Him in light of who He is – He is good. Ask Him to help you “taste and see” that He is good in any season. Seek and savor the Savior, Jesus Christ.



Want to Seek & Savor but don't know where to start?  
Check out some of our favorite resources below.

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## TO READ

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New Morning Mercies - Daily Devotional by Paul David Trip

Gentle and Lowly - Book by Dane Ortlund

Don't Give the Enemy a Seat at Your Table - Book by Louie Giglio

Women of the Word - Book by Jen Wilkin

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## TO LISTEN

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Seek & Savor Spotify Playlist - <https://sptfy.com/6Lua>

Let's Talk Podcast - The Gospel Coalition

Risen Motherhood Podcast

Dwell: Audio Bible - Scripture Reading App

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## TO STUDY

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First5.org - Daily Devotion App

Living a Life of Genuine Faith: James - [jenwilkin.net/downloads](http://jenwilkin.net/downloads)

ReachingHer.org - Printable Bible Studies

A Life Interrupted: Jonah - Study by Priscilla Shirer

Colossians Study - Study by Ashley McNary on RightNow Media  
See [silverdalebc.com/smallgroups](http://silverdalebc.com/smallgroups) under "websites" for a link to join for free.

"Taste & see that the Lord is good.  
Oh, the joys of those who take refuge in Him." Psalm 34:8