New Vision Church Sister 2 Sister DEEP DIVE Discussion and Prayer

Monday, September 8, 2025 @ 7:00 pm

Zoom ID: 898 1686 2091 Passcode: 165904

✨ Women’s Bible Study: Taste and See the Lord’s Goodness

Main Text: Psalm 34:1–8 (NLT)

*“I will praise the Lord at all times. I will constantly speak his praises.
I will boast only in the Lord; let all who are helpless take heart.
Come, let us tell of the Lord’s greatness; let us exalt his name together.
I prayed to the Lord, and he answered me. He freed me from all my fears.
Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.
In my desperation I prayed, and the Lord listened; he saved me from all my troubles.
For the angel of the Lord is a guard; he surrounds and defends all who fear him.
Taste and see that the Lord is good. Oh, the joys of those who take refuge in him!”*
1. Opening (5 minutes)
• Welcome and prayer.
• Share an icebreaker: “What’s one thing you tasted recently that instantly lifted your mood?”

2. Context & Background (5 minutes)
• Author: David, written after he pretended insanity before Abimelech (1 Samuel 21:10–15).
• Theme: God delivers those who trust Him. Praise and dependence on God bring freedom from fear.
• Key Focus: God’s goodness is not just heard about—it is experienced.

Cross-References:
• Psalm 100:5 – “For the Lord is good. His unfailing love continues forever…”
• Nahum 1:7 – “The Lord is good, a strong refuge when trouble comes.”

3. Walking Through the Passage (15 minutes)

**Verse 1 – Praise Continually**• “I will praise the Lord at all times.”
• Application: Praise in the home (while cooking, cleaning, managing family life). Praise at work (silent prayers during stressful meetings). Praise in church (even when you don’t feel like it).

**Verse 4 – Deliverance from Fear**• “I prayed… He freed me from all my fears.”
• Application: Many women carry hidden fears—financial stress, family issues, health concerns. God wants to lift these weights.
• Cross-Ref: 2 Timothy 1:7 – God has not given us a spirit of fear.

**Verse 5 – Radiance from Trusting God**• “Those who look to him… will be radiant with joy.”
• Application: Joy shows on our faces and in our attitudes—at home with our children, at work with colleagues, in church leadership, and with friends.

**Verse 7 – God’s Protection**• “The angel of the Lord… surrounds and defends all who fear him.”
• Application: Women often stand as protectors for their families. But we are also surrounded by God’s protection.

**Verse 8 – Taste and See**• “Taste and see that the Lord is good.”
• Application: Don’t just hear about God—experience Him in prayer, service, worship, and daily life.
• Cross-Ref: John 10:10 – Jesus came that we may have life, and life more abundantly.

4. Small Group Discussion (10 minutes)
1. Where do you find it hardest to “praise God at all times”?
2. What fear has God recently delivered you from—or what fear are you trusting Him with now?
3. What does “tasting and seeing” God’s goodness look like in your home, your workplace, your church, or your friendships?

5. Life Application for Everyday Women (5 minutes)
• In the Home: Praise God during chores—turn on worship music, pray over meals, children, or grandchildren.
• On the Job: Whisper a quick prayer before meetings; let your joy and peace be a testimony.
• In the Church: Encourage and uplift other women, celebrate answered prayers together.
• With Family & Friends: Share testimonies of how God showed up, not just the problem but the praise report.

6. Closing (5 minutes)
• Summarize: God is good, God delivers, God protects, and His goodness is experienced.
• Challenge: “This week, practice praising God at all times. When fear rises, pray. When joy rises, share. When opportunities arise, taste and see the Lord’s goodness.”
• Close in prayer, inviting women to release fears and embrace God’s joy and goodness.