



Psalm 34:8
8.23.2026
Brian Lightsey

What if I could really experience God firsthand?

What if I could go beyond just knowing about God to actually being with God?

The good news is I can experience God in my life!

Psalm 34:8 Taste and see that the LORD is good... (NIV)

When we taste God, he moves from the outside to the inside.

The historical context of Psalm 34 is 1 Samuel 21:1-22:5: David is running for his life and hiding in a cave.

Hardship is the context of tasting and seeing that God is good.

1 Peter 1:1 Peter, an apostle of Jesus Christ, To God's elect, exiles scattered throughout the provinces.... 6 ...for a little while you may have had to suffer grief in all kinds of trials.... 2:3 now that you have tasted that the Lord is good. (NIV)

When our circumstances are not good, God is good.

(Psa. 100:5; 106:1; 107:1; 118:1, 29; 119:68; 135:3; 136:1; Mk. 10:18; Rom. 8:28)

Psalm 34:8 Taste and see that the LORD is good; blessed is the one who takes refuge in him. (NIV)

God's goodness is not discovered in our trials, but in our tasting.

Until I taste, I will not see.

God wants us to have a taste because he knows we will want more.

Psalm 34

Praise (1-3)
Prayer (4-7)

Taste and See (8)

Purity (9-14)
Provision (15-22)

To taste and see God, we need to orient ourselves toward him.

John 15:5 "I am the vine, you are the branches; he who abides in Me and I in him, he bears much fruit, for apart from Me you can do nothing." (NAS)

Abiding: maintaining a continuous, life-giving connection with Jesus – tasting and experiencing Jesus.

A Rule of Life is a set of spiritual practices ("spiritual disciplines") that make structured space in our lives to experience God.

Will I make space in my life to experience God?

Taste & See Spiritual Practices

September	Slowing
October	Meditation
November	Thanksgiving
December	Simplicity
January	Fasting
February	Service
March	Celebration
April	Examine
May	Detachment
June	Sabbath
July	Accountability
August	Calling

The Ask: Try the designated monthly spiritual practice throughout the month, and at the end of this ministry year, continue some of them.

**Taste & See
Experiment & Experience**

The Goal: To Experience God and be formed by him.

Formation for Mission