

Exalt God

Psalm 34:1-15

1 Eat

Read the passage slowly, read it again, then retell it in your own words. If you can't retell it, read it once more.

☐ Read ☐ Reread ☐ Retell

2 Digest

Answer from what the passage actually says — stay in the text.

1. What does this passage show me about God?

What does David say happened when he sought the Lord in his fear?

2. What does it show me about people — and about myself?

What fear keeps you from tasting and seeing that the Lord is good?

3. What will I obey this week? (a concrete step, with a day)

Which fear will you bring to the Lord each day this week, trading complaint for praise?

4. Who will I tell?

Who could you invite to 'taste and see' God's goodness with you?

3 Grow

Growth is God's part, not yours. Do the cycle faithfully and trust Him to give the growth (1 Corinthians 3:6–7).

★ Pray

Lord, I sought you and you answered me; you delivered me from all my fears. Let me taste and see that you are good, and keep your praise always on my lips.



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