

Sermon: Blessed by the goodness of God.
Series: *The Blessed Life*.

Scripture: Psalm 34.
Date: July 5, 2026

OBSERVATION -- As a group, talk through and summarize the passage. Think through *Who, What, Where, When, How, Why* questions together.

INTERPRETATION -- Answer these questions together:

1. What does this passage teach us about us?

- a) How would you define a blessed life? What are some things you are doing in order to have a “good life?”
- b) How does Psalm 34 demonstrate to us that the blessed life is not the “trouble free” life? How does this truth encourage you/challenge you? (Remember the historic context: David is fleeing from King Saul and faces risk from the Philistine king, Abimelech.)

2. What does this passage teach us about God?

- a) Based on Psalm 34, how can we tell that God wants us to live a blessed life (a good life filled with flourishing, beauty, and purpose)? What is God offering to us in this psalm?
- b) Re-read verses 4-8. God gives us himself as his greatest blessing. How does this truth allow us to understand how the blessed life can be ours even in the face of great adversity?

3. What does this passage teach us about grace/salvation? How does it point to Christ?

- a) Ephesians 1:3 says that every spiritual blessing is ours in Christ. Work your way back through the psalm and see how you can connect the blessings in this psalm to our union with Christ. For example: v.4. The Lord delivered me from all my fears – In Christ we are delivered from the fear of death and separation from God.
- b) Verse 20 is a prophecy concerning Christ’s death on the cross. In what way does Christ’s death for us prove that God wants to bless us and give us the good life?

APPLICATION

- a) The call to “taste and see that the Lord” is good is a call to experience God in our inner being. In the sermon we listed several ways that we can experience God: 1) Seek the Lord (v.4-7); 2) Be satisfied by God’s goodness (v.8); Fear the Lord and do the next good thing (v.11-14); Experience God’s rescuing presence (v.15-22).

Which of these is the Holy Spirit nudging you towards? Where would you say you are in this process? What specific step can you take to experience the blessing of God?

PRAYER

- Praise God for his blessing and goodness, especially in himself.
- Confess ways you have tried to create your own blessing.
- Thank Jesus for his sacrifice for us on the cross that allowed us to enter into God’s blessed life.
- Ask the Holy Spirit to help you to seek, taste, and experience the goodness of God.