Session 10 | **KEY TEXT**: Psalm 34:1-18

NEAR TO THE BROKENHEARTED

CENTRAL TRUTH

Today's passage is a song set in the context of a dark time in David's life, when he was running from King Saul and fearing for his own life and future. Through this psalm, David revealed that only God is a Refuge and a Protector, near to the brokenhearted. We've all experienced fear and longing for more; in Psalm 34, we'll see that David realized that **true satisfaction is found only in God.** We can, too.

KEY QUESTION

→ **What does it mean to "taste and see" (v. 8) that God is good?**

Tasting and seeing that God is good means we experience Him in our own lives. In the case of Psalm 34, we can taste and see that God is good when we find our refuge in Him: we depend on Him to guide us, protect us, and help us. We entrust our future, our plans, and our fears to Him. We cling to His Word and seek His face as we live according to it.

KEEP IN MIND

- When we use the word "fear" today, we do so when we want to describe terror. However, when this word refers to the Lord in Scripture, the biblical writers are speaking to the holy reverence and awe people ought to have toward the Lord. God is so holy, great, and powerful, that this is the only proper response toward Him.
- When difficult situations arise, it's easy for students—and adults alike—to remember the Lord's nearness. Remind students of the Lord's care and His nearness to us through His Spirit. We can look to Him for comfort and guidance at all times, even when life is difficult.

APPLICATION

- **What are some ways we can remind ourselves to trust the Lord amidst difficult situations this week?**

THE WIN

FOR THE STUDENT: Though the world encourages us to find satisfaction in a variety of places, true satisfaction is found in the Lord alone.

FOR THE LEADER: This song of joy also speaks to those who are broken hearted and crushed in spirit. Allow your group to be a safe environment for students to express their hurts and difficulties, so that they can receive a listening ear, prayer, and encouragement.

7 ARROWS

- What does this passage say?
- What does this passage tell us about God?
- What did this passage mean to its original audience?
- How does this passage change the way I relate to people?
- What does this passage tell us about the human heart?
- How does this passage prompt me to pray?
- What does this passage demand of me?