

**LIFE GROUP NOTES ON PSALM 34 PRAISE AT ALL TIMES**

**Preparation:** Leader / Host – you will need a bowl of different kinds of fruit

**Discussion starter:**

Which of your five senses would it be worst to lose?

**Read:**

Psalm 34 divides into sections – verses 1-3, 4-7, 8-10, 11-14, 15-18, 19-22. Members of your group might like to take a section each. Pause between sections to re-read them silently.

**Questions:**

1 How many of our different senses are invoked in this Psalm?

2 Which ones are attributed to the Lord? How does it help you, to picture him in this way?

3 Which senses are we encouraged to use? Do we? What should be the results?

**Experience:**

Each member choose a favourite verse or section from the Psalm. Choose a piece of fruit. As you savour the fruit, savour the words, test them on your tongue, digest them. (Don’t be afraid to do it audibly!) Then share the experience.

**Consider:**

1 Do I praise the Lord at all times? Are there times when this is hard, or I just forget? What is the result of praising God when times are hard?

2 Is there a statement in this Psalm which I find hard to believe?

3 Is it OK to turn verses 16 and 21 into a prayer against, eg, President Putin? **PTO**

**Pray:**

1 for those with personal troubles and fears (verses 4-6)

2 for those feeling the effects of rising costs and lack of services (verses 9-10)

3 for our children and grandchildren, and for ourselves and others who teach them ‘the fear of the Lord’ (verses 11-14)

4 for those who are suffering through war and natural disaster (verses 15-22)

**Finish:**

by reading verses 1-3 aloud together

**In the coming week:**

Begin keeping a Psalm journal. Record experiences which connect with anything in this Psalm.

Cultivate an attitude of praise! How about writing a Psalm of praise yourself, to bring and share next week?

Look for opportunities to share your experiences of the goodness of the Lord, of trust, comfort and answered prayer. Be an encourager!