

**June 23, 2021**

**Ps. 34:8, “Taste and see that the LORD is good; blessed is the one who takes refuge in Him.”**

I remember as a young boy, hearing my Grandma say, “*will you come taste this and see if it tastes good to you?*” I loved hearing that! I can’t remember anything that she ever made that wasn’t scrumptious! I especially liked “*trying out*” her fried okra! I miss those days of red beans and cornbread.

As good as that earthly food can taste, there is nothing that tastes better than feasting on the Word of God. His word not only can fill us up, it can satisfy our every need. When my Mom would make something that I had never had before, she would say, “*try it, you’ll like it.*” More often than not, this new taste would be surprisingly good.

In the same manner, David exhorts us to “*try it, you’ll like it.*” Take in and consume the LORD and His Word. When we do, He will give us the spiritual help and satisfaction that we need. He will fill you with His goodness and mercy. He will shower you with His love. He will meet every need that you have. Run to the Father. Enjoy His presence. Bask in His love. He is always there, waiting for you to come to Him.

**Dear LORD, You are good all the time. Help us to not look to anyone or anything else, but instead to run to You. You are our refuge, our shelter and our solid rock. All we need is found in You. In Jesus Name, Amen.**