



Psalm 34:4-10

I sought the LORD, and he answered me, and delivered me from all my fears. Look to him, and be radiant; so your faces shall never be ashamed. This poor soul cried, and was heard by the LORD, and was saved from every trouble. The angel of the LORD encamps around those who fear him, and delivers them. O taste and see that the LORD is good; happy are those who take refuge in him. O fear the LORD, you his holy ones, for those who fear him have no want. The young lions suffer want and hunger, but those who seek the LORD lack no good thing.

O taste and see how good the Lord is; happy are those who find refuge in him. I grew up associating those words from the 34th psalm with the celebration of the Lord's Supper. I suppose because they were always spoken in relation to the quarterly celebration of the Eucharist—though, in those days, we didn't call it that in Presbyterian Churches. I understood it rather literally, and I remember wondering how could that be, when the servings were so very small—a miniscule cube of white bread and a sip of grape juice, hardly enough to taste at all.

The psalmist, of course, was not at all referring to the Eucharist, which was far later than his time. Rather, in this psalm of thanksgiving, the singer invites those who hear his song more or less to try it. Try trusting in the Lord, taking refuge in him in the midst of the storms of life, and you will discover, he tells us, that the Lord is good and those who look to him in faith will have their needs supplied.

I suppose that is the only thing that we can do as well—to try it, try it and see if it works. I have, and I can tell you that it does. In times when I wondered where the strength would come to do yet one more thing, my need was supplied. In times when I felt vulnerable and under attack, God was “my shield and buckler,” as another of the psalmists professes. In times when I wondered how I would make ends meet, I was provided for. Of course there were disappointments along the way. We hope for this thing or that, it doesn't materialize, and we are disappointed, sometimes grievously so. What the Lord promises, though, is to supply our *needs*. There is nothing said about *desires*. In fact, some of the things that we desire or feel that we really *need* may not even be in our best interest.

When my son was a preschooler and we were shopping in K-Mart, which was about the best we could afford in those days, I grew so frustrated one time with his pleas for me to buy him this one thing or another that I asked him, “Son, when I get to be an old man and you have more money than I, and we are walking through a store and I keep asking you: “Can I have one of these? I need this. Will you buy it for me?” What are *you* going to say? I will never forget—he looked up at me and answered: “Daddy I will buy you anything that you want.” Fortunately the heavenly father is much more discerning.