

Reflection

Twentieth Sunday Ordinary Time

August 18, 2024

Taste and see that the Lord is good (Psalm 34)

The phrase "tasting God" refers to the profoundly intimate and deeply personal experience of encountering God's presence, goodness, or blessings. When one connects with God's love, kindness, or wisdom, they may experience a sense of intimacy with God, wherein they feel spiritually nourished or fulfilled. This psalm seeks to help us understand and recognize God's goodness, love, and faithfulness through one-on-one interactions, prayer, worship, and a life lived in line with His teachings.

Tasting God is a joyful experience that enriches our life. Thus, the psalmist wants us to experience and know for ourselves that God is good, rather than just accepting his word for it. In 1 Peter 2.3, the apostle Peter uses the same terminology when he states, "You have tasted that the Lord is good." Prior to seeing, there must be tasting; in other words, spiritual experiences lead to illumination and comprehension. Psalm 34 continues with examples of God's amazing kindness to those who seek refuge in Him: That He meets all their needs (vs 8–10); He gives them a long and good life (vs 11–15); He sticks by them in their trials and delivers them from their adversaries (vs 17–22). Moreover, the provision of the Lord will become evident to those who taste and perceive His goodness.

Thus, when we appreciate the wonders of God's creation or His gifts of provision, care, and safety, we will taste a little of His goodness and grace. Also, when we consider His boundless justice and holiness, we see and taste His kindness. And, when we recognize how much Christ had to pay for our salvation, we may rejoice in His goodness. So, to taste and perceive that the Lord is good, we need to put our faith in Him and look to Him alone for supply and safety. May we always hunger for God and be satisfied in Christ alone who is the bread of life.