# Sweet Savior

*Scripture: Psalm 34:8*

### VERSE 1

I've tasted and seen that the Lord is good
But my heart has grown weary at times
Seasons of stillness, hunger and thirst
Replaced with a bitter rhyme
Lord, show me Your goodness once again
Teach me to sit and savor
Restore to me the joy of my salvation
The taste of my sweet Savior

### VERSE 2

Lord, I know You can always be found
When I seek You with all of my heart
My worship is wandering, distractions are loud
Reset my mind, let Your grace abound
Lord, show me Your goodness once again
Teach me to sit and savor
Restore to me the joy of my salvation
The taste of my sweet Savior

### VERSE 3

Lord, in my spirit You gently nudge me
Come back to the table, taste and see
Your goodness and grace given lavishly
Once again my first love beckons me
Lord, show me Your goodness once again
Teach me to sit and savor
Restore to me the joy of my salvation
The taste of my sweet Savior

### OUTRO

Taste and see that the Lord is good
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**Bible verse · Little lesson**

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> *"O taste and see that the LORD is good: blessed is the man that trusteth in him."*
>
> **— Psalm 34:8 (KJV)**

## LITTLE LESSON FOR LITTLE HEARTS

Have you ever loved something the first time you tasted it, and wanted more? The Bible says that is what knowing God is like: "O taste and see that the LORD is good" (Psalm 34:8). To "taste and see" means to come close and find out for yourself how kind and good Jesus is — not just to hear about Him, but to trust Him and walk with Him every day. This song is honest about something that happens to all of us, even grown-ups: sometimes our hearts get tired, and we forget how sweet the Lord is. We get busy, or distracted, or sad, and our worship starts to "wander." But here is the good news — Jesus never stops being good, and He never stops inviting us back. He says, "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28). When you feel far away or weary, you do not have to fix yourself first. You can pray the simple prayer in this song: "Lord, show me Your goodness once again." He is faithful to restore "the joy of thy salvation" (Psalm 51:12), because He loves you. Jesus is the Bread of Life and the Living Water (John 6:35) — the One who truly satisfies. So come back to the table, taste and see: the Lord is good, and He is your sweet Savior.

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