

# Sweet Savior

*Scripture: Psalm 34:8*

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## **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**

# Sweet Savior

*"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.