



Anthem: O Taste and See

Psalm 34:8

Ralph Vaughan Williams

Psalm 139:14a - I praise you because I am fearfully and wonderfully made.... NIV

God's creation is amazing! Our earthly body is incredible, but we often take it for granted. Consider the five senses – tasting, seeing, smelling, touching, and hearing. At least one of the five senses is used every moment, and some function even when we sleep. The senses work together to let the brain know what is going on around us and to warn us of any danger. http://microbemagic.ucc.ie/explore_body/five_senses.html

O taste and see how gracious the Lord is: blest is the man that trusteth in him. (anthem text based on Psalm 34:8)

As only God could, He also created man with a heart (soul) and mind. In Psalm 34, “tasting” and “seeing” are obviously not used in the terms of the physical senses but rather in terms of the heart (soul) and mind. Here, *to taste* is to experience something, especially for the first time; *to see* is to comprehend something. It is a blest or happy man who personally experiences, comprehends, and trusts the divine mercy of the Lord.

James 5:9a - Don't grumble against each other, brothers, or you will be judged. NIV

There's a lot of complaining these days, but James indicates it isn't new. Dissatisfaction that produces action and positive change in situations in individual lives and societies is good. However, complaints can be trivial and harmful.

Robert Biswas-Diener's article posted in *Psychology Today* online noted studies on people who complain. He wrote: “In one study, researchers found that happy people complain less. They also looked at the evidence that the happy folks in their study were more mindful. They hypothesize that more cheerful folks are likely to complain more mindfully—more strategically if you will—and with a specific goal in mind.”

<https://www.psychologytoday.com/us/blog/significant-results/201706/the-three-types-complaining>

Prayer: Lord, help me use Psalm 34:8 as my guide so that I seek to experience and comprehend how gracious You are toward me each day. By accepting Your grace, I can trust You more. I pray happiness will follow and I will leave “grumbling” behind.

Anthem Text:

O taste and see how gracious the Lord is:
blest is the man that trusteth in him.