



Welcome to Week 7, Lesson 2 of Faith & Fit! You made it! Jane and I pray that you are stronger spiritually and physically than when you started this study. God is very proud of you! We are too. Please continue your amazing journey with God by taking advantage of the many resources available at www.onlybyprayer.com.

Please take a moment to pray and ask God to fill you with His Holy Spirit. After you have prayed please sign your initials on the line: _____

Now please read Psalm 34:8-10 once outloud and again silently:

Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him! 9 Oh, fear the LORD, you His saints! There is no want to those who fear Him. 10 The young lions lack and suffer hunger; but those who seek the LORD shall not lack any good thing.

What instructions are we given in verse 8?

I love that God references two different senses in verse 8: taste and sight. God has given us five different senses to experience His goodness. The Hebrew word used for taste in this verse is *ta'am*, which means *to taste, to perceive, to perceive mentally, to try the flavor, to eat a little*. When we *taste* something we are discerning if we want more of it. When we get a little taste of God's goodness we will hunger and thirst for more.

In what area of life have you tasted a little bit of God and now He is calling you to feast?

What will come to us when we trust God?

He will give us every good thing! The Hebrew word used for *trust* in this verse is *esher*, which means *happiness and blessedness*. *Esher* descends from the root word *ashar* which translates as *to walk straight, to make progress, to advance, to set right*. God calls us to trust Him not just for prayer requests or problems, but with the course of our whole life. Trusting God will help you to progress in every area of life.

Name an area of life you need to entrust to God:

When we trust God, we ask for His will to be done, not our own. It is only by His will we gain *good things*.

Now please read verse 10 again.

Write the verb from the second half of verse 10 in the space below:

Verse 10 teaches we are to *seek* God. The Hebrew word for *seek*, *daresh*, is so rich in meaning. *Daresh* means *to seek with care, to inquire, **to require, to demand**, to investigate, to ask for, to practice, study, follow, seek with application (emphasis mine)*. Do we require God? Would I not consider moving one centimeter without Him? Do I *study* God? Do I seek to *apply His precepts* to my life? Do I *demand* His Presence more than my necessary bread, Starbucks and social media? When I truly seek Him I will lack no good thing because my God is good.

How can you seek more of God? What will you do to follow Him?

Thank you for joining us for Faith and Fit! May you reap a rich harvest for your work. It has been a blessing and a pleasure to serve you.

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