Psalm 34 speaks to all the Building Blocks. Lynda Burke from Sonlight CRC in Lynden, WA used this Psalm as a devotional for a time of prayer with the Sunday school teachers.

**Psalm 34**
Read verses 1-7
Prayer Focus: How good it is to belong to such a Father. (belong)

Read verses 8-10
Prayer Focus: How good to taste and see (to know and understand) a Father with whom we can take refuge and lack for nothing.

Read verses 11-16
Prayer Focus: How good to turn from my selfish heart and to do good for my Father who hears my every cry. (called and equipped)

Read verses 17-22
Prayer Focus: How good to hope in a Father who is close to me when I hurt, who delivers me from every trouble and redeems my life. (hope)