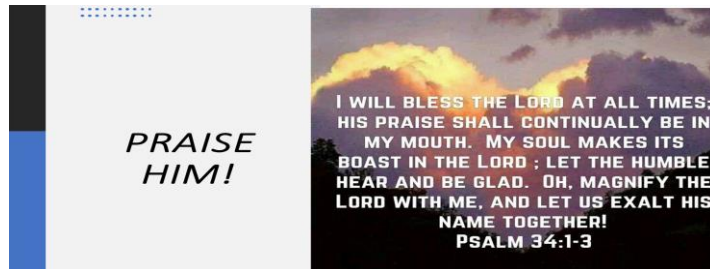


Rhema Christian Center
Tuesday Bible Study
January 25, 2022
Teacher: Sarah Twitty
PSALM 34

TRUST GOD IN OUR DAILY LIVES



David is the psalmist in Psalm 34. It is marked by a sense of relief and gratitude to God for a miraculous escape from danger and what it means to trust God in our daily lives.

It is divided into two parts:

- V. 1-10 is a song of thanksgiving to God.
- V. 11-22 contains words of instruction.

David begins this psalm on a note of thanksgiving and praise. He had gotten himself in a jam and he pretended madness before Abimelech, who drove him away. The background for this Psalm is found in I Samuel 21:10-15.

First, let's look at David's credentials at this point in life.

- He had been a shepherd boy.
- He had been anointed to be king of Israel.
- He had killed the giant Goliath.
- He was a general in Saul's army.
- He was Saul's armor bearer who played the harp to calm his Spirit.
- He was married to Saul's daughter making Saul his father-in-law.

Things were going well for David. He was part of the royal family and was celebrated as a general in Saul's army until he became jealous of David. David was trying desperately to escape from Saul's murderous hunt for his life. He was hiding in one cave after another. He had grown weary and hungry, his faith had gotten a little weak, and he thought for sure he was going to be destroyed.

DAVID thought if he went into the enemy's camp Saul's men would not look for him there. He fled to the city of Gath, one of the five main strongholds of the Philistines. It's the home of Goliath whom David had killed several years earlier. But, it doesn't work out the way David had envisioned. He was recognized by one of the Philistines.

David became extremely afraid when they said, "*Isn't this the one that the people of Israel sang and danced about saying Saul has slain his thousands and David his ten thousands.*"

David Pretends To Be Insane

I Samuel 21:12 says, “Now David took these words to heart, and was very much afraid of Achish the king of Gath. ¹³ So he changed his behavior before them, pretended ^[e]madness in their hands, ^[l]scratched on the doors of the gate, and let his saliva fall down on his beard. ¹⁴ Then Achish said to his servants, “Look, you see the man is insane.”

After pretending to be insane, David departs for the cave of Adullam. This is where David composed this Psalm.

David Blesses God

David had just been delivered from an awful ordeal. He praised God for his goodness and mercy. He praised God for delivering him out of the hand of the enemy.

34 I will bless the LORD at all times; His praise shall continually be in my mouth. ² My soul shall make its boast in the LORD; The humble shall hear of it and be glad. ³ Oh, magnify the LORD with me, and let us exalt His name together.

Let’s look at those four words – bless, boast, magnify and exalt.

Bless: To praise; to glorify God for benefits received. Ps.103 says (*Bless the LORD, O my soul; And all that is within me, bless His holy name!* ² *Bless the LORD, O my soul, And forget not all His benefits*

Boast: David said his **boast in the LORD**. He knew that it wasn’t his cleverness that saved him from the Philistines but it was the Lord’s doing. Psalms 44:8 says “In God we boast all day long.”

As Jeremiah 9:23-24 says, “Thus says . . . ‘Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, but let him who boasts boast in this, that he understands and knows me, that I am the LORD who practices steadfast love, justice, and righteousness in the earth. For in these things I delight,’ declares the LORD.”

Magnify: The word "magnify" means literally "to make great. We can’t make God greater than he already is SO it means to make Him large in our lives. By sharing his word and living a life that is pleasing in his sight.

Exalt: “to lift up, to elevate in praise.

David’s Testimony

⁴ I sought the LORD, and He heard me, and delivered me from all my fears. ⁵ They looked to Him and were radiant, and their faces were not ashamed. ⁶ This poor man cried out, and the LORD him, and saved him out of all his troubles. ⁷ The angel of the LORD encamps all around those who fear Him, and delivers them

I sought the Lord and he heard me. I Peter 3:12 says the “. . . eyes of the Lord are on the righteous, and his ears are open to their prayers.” The Lord hears you.

And delivered me from all my fears. David had fears, but the Lord saved him from all his fears. Although fear is paralyzing both mentally and physically there is nothing too hard for God

They looked to Him and were radiant, and their faces were not ashamed. No one looking at David, could doubt that David had heard from God. His head was not hanging down in shame but lifted up and bright. God always brightens our countenance, when we have been meeting with Him in prayer or in His Word.

This poor man cried out and the Lord heard Him. David is speaking of himself in this verse. He cried out to the Lord and He answered him. The beatitude says, blessed are the poor in spirit for theirs is the kingdom of heaven—David was poor in spirit because he recognized his need for a Savior.

The angel of the Lord encamps around all those who fear Him and delivers them. Encampeth means to continually encamp. In other words, God’s presence is with us. He said he would never leave us nor forsake us.

David Minister’s to His Cave Buddies.

O taste and see that the LORD is good: blessed is the man that trusteth in him. ⁹ O fear the LORD, ye his saints: for there is no want to them that fear him. ¹⁰ The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.

⁸ Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him! David’s heart was full of praise. He wanted these 400 men to experience the Lord for themselves, to taste of His goodness, and to know that those who put their trust in Him are blessed.

⁹ Oh, fear the LORD, you His saints! This fear does not have a negative connotation. The fear of the Lord means to honor, reverence, and to hold in high esteem. ***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. Matthew 6:33 “But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.” No good thing will he withhold from those who walk uprightly. Psa. 84:11.

David Gives Instruction

In the next eleven verses, David’s emphasis changes. He gives them instruction.

¹¹ Come, you children, listen to me; I will teach you the fear of the LORD. David is addressing the 400 men with him in the cave of Adullam. By referring to them as children, he wants them to have a teachable spirit.

v. **¹² Who is the man who desires life,** and loves *many* days, that he may see good? David said what one must do to see God’s blessing on his life and that was to live in **the fear of the LORD. You have to cultivate a heart that desires what is good, a heart that delights in the Lord, then you will have a life that overflows with the blessing of the Lord.**

v **¹³ Keep your tongue from evil, and your lips from speaking deceit.** I Peter 3:10 says “Whoever would love life and see good days must keep their tongue from evil and their lips from deceitful speech.) Many people’s mouths have landed them in an early grave. The Bible says a soft answer turns away wrath.

¹⁴ Depart from evil and do good; seek peace and pursue it. David his men to think not only in terms of war and battles, but in terms of **peace**, and the pursuit of it. PEACE FIRST WITH GOD and then among men. Heb. 12:14 says follow peace with all men, and holiness, without which no man shall see the Lord. “Blessed are the peacemakers, for they will be called children of God.” (Matt 6).

¹⁵ The eyes of the LORD are on the righteous, and His ears are open to their cry. ¹⁶ The face of the LORD is against those who do evil, to cut off the remembrance of them from the earth.

According to the Old Covenant, there were not only blessings for obedience, but curses for disobedience. Those stuck in their **evil** and rebellious mindset could find their remembrance gone from the earth. Ro 6:23 says “For the wage of sin is death and the gift of God is eternal life.

God Delivers Those Who Trust v. 17-22

V.17 The righteous cry, and the LORD heareth, and delivereth them out of all their troubles.

When we have troubles, we need to pray and ask God for His help. Trust the Lord with your frustrations and troubles. He tells us to *cast all our cares upon Him*.

V.18 The LORD is nigh unto them that are of a broken heart; And saveth such as be of a contrite spirit.

David was repenting because of sin, and his heart was broken. God respects that attitude. He is always near those who have a broken heart. He said a broken spirit and contrite heart, He will not cast out.

V.19 Many are the afflictions of the righteous: But the LORD delivereth him out of them all.

You might wonder why we have afflictions. It's because we live in a fallen world. John 16:33 "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." God doesn't keep us out of troubles but He delivers us from them.

V.20. He keepeth all his bones: Not one of them is broken. David had no broken bones. This speaks prophetically of Jesus. When the Roman soldiers came to break Jesus' legs to hasten his death, He was already dead. The prophesy was fulfilled not a bone was broken in Jesus' body.

V.21. Evil shall slay the wicked: and they that hate the righteous shall be desolate. An evil man destroys himself. We are free agents. God will not force Heaven upon any of us. The wicked have no hope of everlasting life, unless they repent and turn from their wicked ways.

Instead of reaching out to the righteous who could lead them to the truth, they hate them. They have sealed their own doom. They chose evil over good. They rejected Jesus and will wind up in hell.

V.22. The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate

Trusting in Jesus brings salvation. This not only brings us eternal life with Jesus, but it saves us from a horrible sinful life here. Let the redeemed of the Lord say so.

Sources

The Book of Psalms: the Smart Guide to the Bible series by Douglas Connelly and Larry Richards, Ph.D.

Prayer, Praise & Promises by Warren Weirsbe.

NIV and NKJ Version of Bibles

David Guzik