

Psalm 34

2 Timothy 1:6-7 (ESV)

⁶For this reason I remind you to fan into flame the gift of God, which is in you through the laying on of my hands, ⁷for God gave us a spirit not of fear but of power and love and self-control.

Psalm 34 (NLT)

A psalm of David, regarding the time he pretended to be insane in front of Abimelech, who sent him away.

1 Samuel 21:10

¹⁰That day David fled from Saul and went to Achish king of Gath. ¹¹But the servants of Achish said to him, “Isn’t this David, the king of the land? Isn’t he the one they sing about in their dances:

“‘Saul has slain his thousands, and David his tens of thousands?’”

¹²David took these words to heart and was very much afraid of Achish king of Gath. ¹³So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard.

¹⁴Achish said to his servants, “Look at the man! He is insane! Why bring him to me? ¹⁵Am I so short of madmen that you have to bring this fellow here to carry on like this in front of me? Must this man come into my house?”

DAVID’S FOUR INSTRUCTIONS

1. **Bless the Lord**

Psalm 34:1-3 (ESV)

¹ I will bless the LORD at all times;
his praise shall continually be in my mouth.

² My soul makes its boast in the LORD;
let the humble hear and be glad.

³ Oh, magnify the LORD with me,
and let us exalt his name together!

“In prayer, we act like men, in praise we act like angels.” - Thomas Watson

2. Seek the Lord

Psalm 34:4-8 (ESV)

- ⁴ I sought the Lord, and he answered me
and delivered me from all my fears.
- ⁵ Those who look to him are radiant,
and their faces shall never be ashamed.
- ⁶ This poor man cried, and the Lord heard him
and saved him out of all his troubles.
- ⁷ The angel of the Lord encamps
around those who fear him, and delivers them.
- ⁸ Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!

“Unbelief puts our circumstance between us and God, but faith puts God between us and our circumstances.” -
F.B. Meyer

Isaiah 60:4-5

- ⁴ “Lift up your eyes and look about you: All assemble and come to you; your sons come from afar, and your daughters are carried on the hip. ⁵ Then you will look and be radiant, your heart will throb and swell with joy; the wealth on the seas will be brought to you, to you the riches of the nations will come.

3. Fear the Lord

Psalm 34:9-16 (ESV)

- ⁹ Oh, fear the LORD, you his saints,
for those who fear him have no lack!
- ¹⁰ The young lions suffer want and hunger;
but those who seek the LORD lack no good thing.
- ¹¹ Come, O children, listen to me;
I will teach you the fear of the LORD.
- ¹² What man is there who desires life
and loves many days, that he may see good?
- ¹³ Keep your tongue from evil
and your lips from speaking deceit.
- ¹⁴ Turn away from evil and do good;
seek peace and pursue it.

¹⁵ The eyes of the LORD are toward the righteous
and his ears toward their cry.

¹⁶ The face of the LORD is against those who do evil,
to cut off the memory of them from the earth.

Psalm 84:11 (NLT)

¹¹ For the Lord God is our sun and our shield.
He gives us grace and glory.
The Lord will withhold no good thing
from those who do what is right.

Romans 8:28

And we know that in all things God works for the good of those who love him, who^[a] have been called
according to his purpose.

SECRETS OF REAL LIVING

1. Desire what is good

Psalm 34:12 (NIV)

¹² Whoever of you loves life
and desires to see many good days,

John 10:10 (NLT)

¹⁰ The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

- **Speak what is true**

Psalm 34:13 (NIV)

¹³ keep your tongue from evil and your lips from telling lies.

Proverbs 21:23

²³ Those who guard their mouths and their tongues keep themselves from calamity.

- **Pursue what is right**

Psalm 34:14 (ESV)

¹⁴ Turn away from evil and do good; seek peace and pursue it.

- **Expect what is best**

Psalm 34:15-16 (ESV)

¹⁵ The eyes of the Lord are toward the righteous and his ears toward their cry.

¹⁶ The face of the Lord is against those who do evil, to cut off the memory of them from the earth.

- **Trust the Lord**

Psalm 34:17-22 (ESV)

17 When the righteous cry for help, the Lord hears
and delivers them out of all their troubles.

18 The Lord is near to the brokenhearted
and saves the crushed in spirit.

19 Many are the afflictions of the righteous,
but the Lord delivers him out of them all.

20 He keeps all his bones;
not one of them is broken.

21 Affliction will slay the wicked,
and those who hate the righteous will be condemned.

22 The Lord redeems the life of his servants;
none of those who take refuge in him will be condemned.

Sometimes the Lord calms the storm; other times He lets the storm rage and He calms his child.

“Through It All” by: Bill Gaither

I thank God for the mountains,
and I thank Him for the valleys,

I thank Him for the storms He brought me through.

For if I'd never had a problem,

I wouldn't know God could solve them,

I'd never know what faith in God could do.

Our fear brings focus. Our focus is on our faith. Our faith controls our fear.