

Meditate & Memorize
April 2023: Psalm 34
Come: He is good

Psalm 34 (NASB 1995)

I will bless the Lord at all times;

His praise shall continually be in my mouth.

² My soul will make its boast in the Lord;

The humble will hear it and rejoice.

³ O magnify the Lord with me,

And let us exalt His name together.

⁴ I sought the Lord, and He answered me,

And delivered me from all my fears.

⁵ They looked to Him and were radiant,

And their faces will 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 rescues them.

⁸ O taste and see that the Lord is good;

How blessed is the man who takes refuge in Him!

⁹ O fear the Lord, you His saints;

For to those who fear Him there is no want.

10 The young lions do lack and suffer hunger;
But they who seek the Lord shall not be in want of any good thing.

11 Come, you children, listen to me;
I will teach you the fear of the Lord.

12 Who is the man who desires life
And loves *length of days* that he may see good?

13 Keep your tongue from evil
And your lips from speaking deceit.

14 Depart from evil and do good;
Seek peace and pursue it.

15 The eyes of the Lord are toward the righteous
And His ears are *open* to their cry.

16 The face of the Lord is against evildoers,
To cut off the memory of them from the earth.

17 *The righteous cry*, and the Lord hears
And delivers them out of all their troubles.

18 The Lord is near to the brokenhearted
And saves those who are ⁶⁴crushed 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 Evil shall slay the wicked,

And those who hate the righteous will be ¹⁴condemned.

²² The Lord redeems the soul of His servants,

And none of those who take refuge in Him will be ¹⁴condemned.

Study Guide:

Before you begin, still yourself before the Lord and pray that God would grant you eyes to see and a heart and mind ready to learn all that He wants to show and teach you. Then, take a few moments to read over the whole Psalm a couple of times before you begin. Mark it up. Notice repeated words/phrases, mark warnings, promises, blessings and the like. Discover and note attributes of God, comparisons, contrasts, and commands. Prepare to be blessed as you spend time with God in His word, such time is never wasted. Enjoy!

Note who this Psalm is penned by and the circumstances it resulted from:

Read I Samuel 21.10-15 Recount the situation and the people involved.

What two things does the psalmist commit to doing in vs1-2?

- 1-
- 2-

In the following Psalms, the writer also declares the importance of “blessing the Lord.” Note the psalmist motivation in each instance:

Psalm 28.6

Psalm 31.21

Psalm 68.19

Psalm 72.18

Psalm 103.2

Psalm 104.1

Psalm 134

Here are some other passages that discuss the idea of praising God “at all times”

Romans 12.12

Ephesians 6.18

Philippians 4.6

Colossians 4.2

I Thessalonians 5.16-17

No matter our circumstances we're encouraged to praise God. What are some ways that you practice the heart-healthy habit of praising God? My go-to is my hymn book and also my Bible. What are some ways you set your mind on things above when things here below are tough or sad or overwhelming?

Verses 3, 8 and 9 begin with "O/Oh" and the psalmist invites readers to join him. What are the three actions he proposes?

- 1-
- 2-
- 3-

What does the writer say he did in verse 4? What did the Lord do in response? Regarding what are you currently seeking God? How have you seen Him respond? Can you name a fear He has delivered you from?

In this psalm, the issue of fear is addressed in several different ways. Note them in the following verses:

v.4-

v.7-

v. 9-

Read through this whole Psalm and identify the attributes of God enumerated. For example, in verse 1 the psalmist indicates that God is Worthy. I found the following attributes in my study time: Attentive, Deliverer, Savior, Omnipresent, Good, Refuge, Provider, Just, Compassionate, Protector, Redeemer, Refuge