

# SUMMER IN THE PSALMS

## *Praise from a Cave*

### *Psalms 34:1-10*

#### **Background of Psalms 34**

- Psalm 34 is a psalm of praise and deliverance based on what David experienced as recorded in 1 Samuel 21 and 22
- David fled to an unlikely place, Goliath's hometown in the city of Gath
- When the people recognized him as the one who killed their hero, Goliath, David knew he had to leave
- David came up with a plan for survival; he pretended to be insane
- King Achish said, "I don't need another madman in this city," and David was released
- David escaped to the cave of Adullam (means refuge or safety) because king Saul is still after him
- During this time of difficulty, a time when David was being hunted by king Saul, shunned by his own countrymen, threatened by the Philistines, David wrote this psalm of praise to celebrate the Lord's deliverance

#### **Continuous Praise**

***Psalm 34:1-8 (KJV) <sup>1</sup> I will bless the LORD at all times: his praise shall continually be in my mouth. <sup>2</sup> My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. <sup>3</sup> O magnify the LORD with me, and let us exalt his name together.***

- God had delivered David from king Achish, and he declared he would bless the Lord
- The word *bless* is the Hebrew word *barak*, which means "to kneel"
- David promised to bless the Lord *at all times*, meaning *all seasons of life or through all the seasons of life*
- David said, I *will* bless the Lord at all times, blessing God is an act of your will
- You may be thinking it was "easy" for David to praise God, he was a king, living in a palace, and had servants waiting on him hand and foot
- The conditions in David's life couldn't have been worse, *yet* he was able to write this psalm of praise
- David said, I will bless the Lord at all times and His praise shall *continually* be in my mouth
- David's praise was not just in his *heart*, it was also a *vocal praise*
  - David was not waiting for his life situation to improve and then he would praise God, in his present and difficult situation David made it his business open his mouth and give praise to God

***Vs. 2 My soul shall make her boast in the LORD...***

- David boasted in *the Lord*, the Lord is getting the credit for his deliverance
- David bragged on God because he knew it was God who delivered him and not his cleverness

***...the humble shall hear thereof, and be glad.***

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- David was confident that his praise would encourage *the humble*, those who are suffering from trials and troubles in life
- The *humble* were the men who gathered in the cave with David **1Samuel 22:2 KJV** *And every one that was in distress, and every one that was in debt, and every one that was discontented, gathered themselves unto him; and he became a captain over them: and there were with him about four hundred men.*
- David was determined to lift their spirits by boasting about the Lord's power and faithfulness
- The people in a tight spot need to hear what God has done for you
- We can't keep what God has done for us to ourselves **Psalms 107:2 KJV** *Let the redeemed of the LORD say so, whom he hath redeemed from the hand of the enemy;*
- Your praise literally is a "testimony" of the goodness of God
- Your praise will encourage those who are going through that there is a God that can help me, too

**vs. 3** *O magnify the LORD with me, and let us exalt his name together.*

- David says, *O magnify the Lord with me*; to magnify is proclaim God's greatness
- Praising God was never meant to be a solo act, but praising God is to be from a multitude of people who know how good God is to them
- David wanted his dejected friends to know that God could do for them what He had already done for him
- We don't have to wait for God to do something "new" before we praise Him
- We all have something to praise God for, so let's get together and praise Him!

#### **Reasons for Praising God**

<sup>4</sup> *I sought the LORD, and he heard me, and delivered me from all my fears.* <sup>5</sup> *They looked unto him, and were lightened: and their faces were not ashamed.* <sup>6</sup> *This poor man cried, and the LORD heard him, and saved him out of all his troubles.*

<sup>7</sup> *The angel of the LORD encampeth round about them that fear him, and delivereth them.*

- David gives his reasons for praising God
  1. *In his distress, David sought the Lord in prayer and worship and He heard him and answered him*
    - a. David was earnestly looking for God's guidance and protection
  2. *The Lord delivered David from all his fears*
    - a. God delivered David from those distressing emotions aroused by impending danger, evil, pain, etc.
  3. *David looked to the Lord and his whole expression changed*
    - a. David cheered up, brightened up, became radiant, his spirits were lifted
  4. *When David was in a helpless situation, he cried out to the Lord and He heard me and rescued me out all my troubles*

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### *Psalms 34:1-10*

- a. David wanted to make sure there was no mistaking who deserved the credit for his deliverance
- 5. *God sent the angel of the Lord encamp around David to watch over him, protect him, to be his bodyguard and deliver him*
  - a. As David stood against his enemies, he was not alone, the angel of the Lord was with him
    - o God protects those who reverence Him
- David gave us 5 reasons he was praising God
- What are your reasons for praising God?

#### ***Taste and See***

***<sup>8</sup> O taste and see that the LORD is good: blessed is the man that trusteth in him.***

***<sup>9</sup> O fear the LORD, ye his saints: for there is no want to them that fear him. <sup>10</sup> The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.***

- David is telling us don't take my word for it try Him for yourself, the Lord is good!
- David wants others to *discover* how good God is for themselves, by experiencing the kindness, the mercy, the grace, and the promises of God for themselves
- When God has done great things for you, we must tell others to try God
- The goodness of God is never to be a secret
- The person that trusts in the Lord will be blessed
- Anyone who runs to the Lord for refuge will be blessed
- To experience God's abundant goodness, we must *fear* Him
- When we fear the Lord, He promises to provide everything we need
- To receive the goodness and the blessings of God, we must *seek* the Lord
- Those who seek the Lord will lack no *good thing*
- That's where your faith comes in
- God will meet our material needs and so much more; those seek the Lord; God will answer their prayers; meet our needs in unexpected ways