

## **Psalm 34 New American Standard Bible**

### **The Lord, a Provider and Deliverer.**

I will bless the Lord at all times;  
His praise shall continually be in my mouth.  
<sup>2</sup> My soul will make its boast in the Lord;  
The humble will hear it and rejoice.  
<sup>3</sup> O magnify the Lord with me,  
And let us exalt His name together.  
<sup>4</sup> I sought the Lord, and He answered me,  
And delivered me from all my fears.  
<sup>5</sup> They looked to Him and were radiant,  
And their faces will never be 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 encamps around those who fear Him,  
And rescues them.  
<sup>8</sup> O taste and see that the Lord is good;  
How blessed is the man who takes refuge in Him!  
<sup>9</sup> O fear the Lord, you His saints;  
For to those who fear Him there is no want.  
<sup>10</sup> The young lions do lack and suffer hunger;  
But they who seek the Lord shall not be in want of any good thing.  
<sup>11</sup> Come, you children, listen to me;  
I will teach you the fear of the Lord.  
<sup>12</sup> Who is the man who desires life  
And loves *length of days* that he may see good?  
<sup>13</sup> Keep your tongue from evil  
And your lips from speaking deceit.  
<sup>14</sup> Depart from evil and do good;  
Seek peace and pursue it.  
<sup>15</sup> The eyes of the Lord are toward the righteous  
And His ears are *open* to their cry.  
<sup>16</sup> The face of the Lord is against evildoers,  
To cut off the memory of them from the earth.  
<sup>17</sup> *The righteous* cry, and the Lord hears  
And delivers them out of all their troubles.  
<sup>18</sup> The Lord is near to the broken hearted  
And saves those who are crushed in spirit.  
<sup>19</sup> Many are the afflictions of the righteous,  
But the Lord delivers him out of them all.  
<sup>20</sup> He keeps all his bones,  
Not one of them is broken.  
<sup>21</sup> Evil shall slay the wicked,  
And those who hate the righteous will be  
condemned.  
<sup>22</sup> The Lord redeems the soul of His servants,  
And none of those who take refuge in Him will be condemned.

**We will use five tools on our expedition that are built around five questions**

What questions were provoked within you?  
Did anything confuse you?  
Did anything move you emotionally?  
Did God instruct you to do something?  
Did you gain any insight into God's character?

### **Paul's questions and insights**

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1. How can you bless the Lord?
2. David puts an expectation on himself of being a blessing to God all of the time. Can we say the same?
3. Is your mouth constantly flowing out praise to God?
4. How does your soul boast in the Lord?
5. What part of you is boasting within your soul?
6. Why are humble people able to hear and rejoice?
7. David invites believers in God to join with him in magnifying the Lord.
8. How do you magnify God?
9. Exalting Gods name is to declare who God is to you, to say truth about God that you know.
10. How can we seek God? Where do we look?
11. Has God brought deliverance from your fear as David declares?
12. Have you seen Christians glow with radiance and peace?
13. To cry out to God is to throw yourself to Gods mercy even if you have been very bad.
14. Do you believe Gods angels surround all who invest in God as there saviour?
15. How can you taste and see that God is good if you never eat what He offers you from His word?
16. God is our protector and then we are blessed.
17. To fear God is reverence who He is and what He can do, to be in awe of Him.
18. If we seek God when we have need we will want for nothing.
19. David longs for all believers to learn how to fear God.
20. Blessing and prosperity can follow the faithful, they are not dirty words as some have told us.
21. It is a false humility to desire connection with a frugal God.
22. What we speak not only reveals our heart but it can contaminate innocence.
23. Followers of God do good, pursue peace and avoid contention.
24. God knows who are the righteous because He sees all our ways. His ears hear there cry and He knows the voice of His children.
25. God has promised to protect us from all our enemies when we cry to Him.

26. A broken heart moves God to compassion.
27. What is it to have a crushed spirit?
28. How does God save a person with a crushed spirit?
29. Bad things happen to good people.
30. The righteous can expect attack but God promises to deliver the righteous from all attacks – do you believe this?
31. What does a broken bone do to a human body?
32. Evil will slay the wicked, means the wickedness in the evil dead with do them harm.
33. How does God redeem the soul of His servant?
34. If we make God our refuge we will not be condemned.