



*Welcome to
Heart-to-Heart*

Meditation on Psalm 34

In Psalm 34, David found himself:

- Trying to deal with his past
- Afraid of his future
- In the midst of challenging relationships

Psalm 34: 1-3

¹ I will extol the LORD at all times;
his praise will always be on my lips.

² My soul will boast in the LORD;
let the afflicted hear and rejoice.

³ Glorify the LORD with me;
let us exalt his name together.

Psalm 34: 4-6

⁴ I sought the LORD, and he answered me;
he delivered me from all my fears.

⁵ Those who look to him are radiant;
their faces are never covered with shame.

⁶ This poor man called, and the LORD heard
him; he saved him out of all his troubles.

Psalm 34: 7,8

⁷ The angel of the LORD encamps around those who fear him, and he delivers them.

⁸ Taste and see that the LORD is good; blessed is the (woman) who takes refuge in him.



**Where do YOU go for
refuge, comfort or counsel?**

Psalm 34: 9,10

⁹ Fear the LORD, you his saints,
for those who fear him lack nothing.

¹⁰ The lions may grow weak and hungry,
but those who seek the LORD lack no
good thing.

Psalm 34:11

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

Psalm 34:12,13

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

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

Psalm 34:14

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

James 4:1-8

What causes fights and quarrels among you?
Don't they come from your desires that battle within you?

You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God.

When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures.

James 4:1-8

⁴You adulterous people, don't you know that friendship with the world is hatred toward God? Anyone who chooses to be a friend of the world becomes an enemy of God. ⁵Or do you think Scripture says without reason that the spirit he caused to live in us envies intensely?

⁶But he gives us more grace. That is why Scripture says:
"God opposes the proud
but gives grace to the humble."

⁷Submit yourselves, then, to God. Resist the devil, and he will flee from you. ⁸Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.

**Shalom = completeness,
welfare, health, to be whole**

Psalm 34:14 AVB “... seek, inquire for, and
crave peace. Pursue and go after it!”



How does a mom best *pursue* peace in her home?

1. She catches strife early
2. She spends time with God
3. She gets organized

Psalm 34:15-18

¹⁵ The eyes of the LORD are on the righteous and his ears are attentive to their cry;

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

¹⁷ The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

¹⁸ The LORD is close to the brokenhearted and saves those who are crushed in spirit.

Psalm 34:19-22

¹⁹ A righteous man may have many troubles,
but the LORD delivers him from them all;

²⁰ he protects all his bones,
not one of them will be broken.

²¹ Evil will slay the wicked;
the foes of the righteous will be condemned.

²² The LORD redeems his servants; no one will be
condemned who takes refuge in him.

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