

PSALM 34:1-10; HEBREWS 2:17-18

LESSON: REJOICING IN RESTORATION — May 27, 2018

INTRODUCTION:

This history of this psalm is best introduced in **1 Samuel 21 and 22**. As David runs away from Saul, who was trying to kill him, he whines up in the town of Nob trying to find refuge. He meets Ahimelech, the priest and lies about why he was there. David needed help and he was hungry. He told the priest that the king (Saul) had him on a secret mission. The priest gives him some of the holy bread (Showbread) because there was no common bread available. However, one of Saul's servants, Doeg, the Edmonite saw David with Ahimelech, the priest. David inquires about needing a sword because the king's mission required haste for he didn't bring his sword. The priest lets him know that Goliath the Philistine's sword was there. So, he takes it, and still in fear of Saul, he runs into Achish, the Philistine king of Gath. These people knew of his fame and heroism, but, at that moment fear came upon David. He has run into Achish, this Philistine king, and they probably remember that David had slain Goliath the giant, a Philistine when he was a young boy tending his father's sheep. Now David has Goliath's sword. He's in deep trouble as he is surrounded by them. 1 Samuel 21:13 says *"And he changed his behavior before them..."* which is when he played crazy before them; his actions presented himself as a crazy person. Achish, the king told his servants that this was the actions of a mad man and to let him go. But look at God, David was able to get away by playing crazy. Apparently, the custom was not to harm mentally unstable people. So, in 1 Samuel 22 it says that David escapes to the cave of Adullam. When some of the people who were distressed, in debt, and discontented heard about his whereabouts, they joined him, totaling about 400 men. We can take a note from David in 1 Samuel 30:6 when he said *"he encouraged himself in the Lord his God."* Now, although in a cave, he begins to praise God long before we get to the 30th chapter.

LESSON: I. ● MAGNIFY THE LORD PSALM 34:1-3

34:1 I will bless the Lord at all times: his praise shall continually be in my mouth. David had much to bless the Lord about; to praise God for. He sings psalms, play the harp, and makes melodies in his heart. David was always protected by God even when King Saul, his father-in-law tried to kill him. Even though fearful for his life, and running from Saul, he had time to pen this psalm. What was in his heart came through his mouth—blessings and praise was going to come at all times unto the Lord. That's encouragement for all Christians no matter what the circumstance. If we would get our thoughts off the situation and put our thoughts on the God who is able to take care and ease and bring peace in the midst of the situation, our assurance and faith would stabilize. Joy would override the fearful thoughts. It did say that David was fearful, but when he talked to God and obeyed God, fear became non stressful. *"Continually"* would mean when you have the occasion to speak, it would always celebrate the Lord. It will always lift Him up because your actions of what you say, that is, the goodness He has brought in and to your life would override what was trying to paralyze you. Bless

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Him and praise Him out of your mouths. He inhabits the praises of men.

34:2 My soul shall make her boast in the Lord: the humble shall hear thereof, and be glad. ¹ "Soul" is defined as one person, or is the spirit and essence of a person. It's that part of you that makes you who you are and that will live on after your death. ²The soul now has three parts: "reason", "spirit", and "appetite." Therefore, David declares that the essence of his person will make boast in the Lord. There is right boasting and there is wrong boasting. Anytime we boast in the Lord it is always right. All God has displayed toward David, his grateful soul will boast of it; proclaim it. And all who hear of these outstanding blessings and praises will be glad. The humble themselves shall be glad.

34:3 O magnify the Lord with me, and let us exalt his name together. To "magnify" is to see a greater expansion. God is already a big and awesome God, but do we see Him as that. Therefore our word that magnify Him will declare to someone that has not seen that greatness; that largeness of Him. Our words will express what we've seen He can do. Our words will express His possibility and our impossibility of what we can't do. His name is who He is and what He's done. When we proclaim God's name we recognize and lift up His greatness to others. "Together" would be to "let us" (he and all the humble) exalt God's name together on one accord.

II. LOOK TO THE LORD PSALM 34:4-7

34:4 I sought the Lord, and he heard me, and delivered me from all my fears. David would always inquire of the Lord by praying; asking the Lord what to do, and the Lord heard him and would give him the right answer. At the point of running away from Saul, there were many times David became fearful. One point was when he had seen one of Saul's servants, Doeg, the Edmonite in the town of Nob, and thought to himself that Doeg would probably go back and tell the king (*which he did*) where he was. David admits his fear; admits that there was no one else to seek after. Another time was when he runs into Achish, the Philistine king of Gath, and he plays crazy for fear of his life. He could not even find refuge after running away from Saul except in a cave. I would imagine after seeking the Lord, fear had to vanish; deliverance occurred; release occurred; relief occurred to save him from all his fears. Can we say: "I am rescued from all my fears when I seek Jesus!" Fear may pop up many times in our lifetime, but David gives us a key to handling this—Seek the Lord—Look to the Lord!

34:5 They looked unto him, and were lightened: and their faces were not ashamed. Now when we come to this verse, it refers to "they." Who are they? I'm not sure but looking at other translations, I'm considering that this would pertain to anyone who seeks God. "Those who look to Him for help will be radiant with joy; no shadow will darken their faces" (NLT). This simply mean that when men in need look to the Lord, their countenance is immediately brightened or cheered because of the One to whom they look to for relief and deliverance. Their faces were not ashamed; no downcast look of rejection.

¹ <http://www.yourdictionary.com/soul>

² <http://tomblackson.com/Ancient/chapter53.html>

www.pitwm.net/pitwm-versebyverse.html

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34:6 **This poor man cried, and the Lord heard him, and saved him out of all his troubles.** David now refers to himself as this poor man; an oppressed sufferer, that when he cried out a single prayer unto the Lord, the Lord heard and saved him out of all his troubles. Sometimes it's hard to believe, but when God does it, it's done, and it completely overwhelms you. You've got to tell somebody!

34:7 **The angel of the Lord encampeth round about them that fear him, and delivereth them.** David lets us know that a special manifestation of God Himself encamps around and guard those that fear Him; those that reverence Him. Knowing that we are not alone, and that it is the Messenger of Jehovah setting up perimeters around the ones who fear Him, we will continue to look to the Lord for protection and deliverance against our enemies.

III. TRUST THE LORD PSALM 34:8-10

34:8 **O taste and see that the Lord is good: blessed is the man that trusteth in him.** This means "*put God to the test*" to see for yourself how good He is. That's the only way you can taste and see. That's the only way you will see that the Lord is good. It's not a "*test drive*" — it's a "*faith drive*." His blessings will come because you trusted in God; because you were in relationship and fellowship with Him. How happy you will be when you take refuge in the Lord.

34:9 **O fear the Lord, ye his saints: for there is no want to them that fear him.** Fearing the Lord is reverencing Him; to revere Him (hold Him in the highest regard). So, David is saying, "*Believers, hold the Lord in highest regard, Why? - because there will be no deficiency to them who reverence Him.*"

34:10 **The young lions do lack, and suffer hunger: but they that seek the Lord shall not want any good thing.** Well, who are the young lions?—the ones with power. However, if you look at a powerful lion, can you image him lacking anything? What about when he gets hungry and can't find food? Well, it's the same for those who have everything but lack salvation. So unbelievers suffer want and grow hungry but those who seek the Lord lack for no good thing.

IV. FIND HELP IN THE LORD HEBREW 2:17-18

2:17 **Wherefore in all things it behoved him to be made like unto his brethren, that he might be a merciful and faithful high priest in things pertaining to God, to make reconciliation for the sins of the people.** Jesus Christ was made man that He might be a merciful and faithful High Priest. For this purpose it was necessary and imperative that Jesus wanted to go through all the trials and temptations of man to experience all of life as a man experienced; to sympathize and feel for man. Therefore, Jesus Christ would make reconciliation for the sins of the people, which meant to become our propitiation—our atonement, satisfaction, payment, or appeasement for sin. He would make things right between God and man. Therefore, He would represent His people before God.

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2:18 For in that he himself hath suffered being tempted, he is able to succour them that are tempted. Jesus Christ would succor; come to the aid of those who are tried and tempted. How good is it to know that Christ was fully man, experiencing what we would suffer or be tempted with, and would be able to provide the comfort we need?

SUMMARY:

This experience of running in fear for your life has taught David to magnify the Lord, even to write down this psalm for us to see. He begins with blessing the Lord at all times. And this praise is not only in his heart but it continuously comes out of his mouth. Even when his soul boasts in the Lord, the humble ones that hear of it will be glad. David wants others to magnify the Lord with him, and together exalt His Name (**Psalm 34:1-3**).

David sought the Lord, and the Lord heard him, and delivered him from all his fears. Others who looked unto the Lord their countenances are immediately brightened or cheered and were not ashamed. David talks about himself crying to the Lord, and the Lord heard him and saved him out of all his troubles. The angel of the Lord encamps, guards, and rescues those that fear Him (**Psalm 34:4-7**).

The psalmist admonishes us to "*taste and see*" meaning put God to the test to see for ourselves how good He is, for blessed is the man who trusts in the Lord! If we belong to the Lord, fear Him; reverence Him, for everyone who does, will have everything they need. There will be no want to them that fear him. Even strong young lions sometimes lack and suffer hunger, but those that seek the Lord; call upon Him in their time of need with deep respect will not want for any good thing (**Psalm 34:8-10**).

For this reason; hence Jesus had to be made like his brethren, that He would be both a merciful and faithful High Priest sympathizing in things pertaining to God, so He could make reconciliation for the sins of the people. For since Jesus Himself had now been through suffering and temptation, He was now able to help when we suffer and are tempted because he knows what it's like (**Hebrews 2:17-18**).