

RADIANT!

Psalm 34a

Three times we read the Bible passage and then pray or journal quietly for a few minutes to help us listen to the Spirit. Each reading is guided by a focus question listed below.

Introduction to the Text

The Psalms record deep devotion, intense feeling, exalted emotion, and dark dejection. The Psalms play with all the keyboard keys of the human soul.

This book has been called the epitome and anatomy of the soul and designated as the garden of the Scriptures. The place Psalms have held in the lives of God's people testifies to their universality, although they have a peculiar Jewish application. They express the deep feelings of all believing hearts in all generations.

Psalm 34 – The title of this psalm tells us both who penned it and upon what occasion it was penned. David, being forced to flee from his country, which was made too hot for him by the rage of Saul, sought shelter as near it as he could, in the land of the Philistines. There it was soon discovered who he was, and he was brought before the king, who, in the narrative, is called *Achish* (his proper name), here *Abimelech* (his title); and lest he should be treated as a spy, or one that came thither upon design, he feigned himself to be a madman (such there have been in every age, that even by idiots men might be taught to give God thanks for the use of their reason), that Achish might dismiss him as a contemptible man, rather than take cognizance of him as a dangerous man. And it had the effect he desired; by this stratagem he escaped the hand that otherwise would have handled him roughly.

Psalm 34a

- "I will bless the Lord at all times;
his praise shall continually be in my mouth.
² My soul makes its boast in the Lord;
let the humble hear and be glad.
³ Oh, 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 Those who look to him are radiant,
and their faces shall 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 delivers them.
- ⁸ Oh, taste and see that the Lord is good!
Blessed is the man who takes refuge in him!
⁹ Oh, fear the Lord, you his saints,
for those who fear him have no lack!
¹⁰ The young lions suffer want and hunger;
but those who seek the Lord lack no good thing."

Prayer / Journaling / Soul Talk Prompts

1. What is one word or phrase the Holy Spirit impresses on you? In silence meditate on that.
2. What do you feel? What question(s) do you have for God about your life today? Write down a prayer or pray quietly.
3. What is God's personal invitation to you from the Scripture? You can write down what the Lord may be saying to you. Or you can recall God's unfailing love for you, even if you're not feeling it now, and write a prayer of thanks. Or simply rest quietly in the Spirit's presence.^[P]_[SEP]