

THE EYES!

Psalm 34b

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 34b

- “Come, O children, listen to me;
I will teach you the fear of the Lord.
12 What man is there who desires life
and loves many days, that he may see good?
13 Keep your tongue from evil
and your lips from speaking deceit.
14 Turn away from evil and do good;
seek peace and pursue it.
- 15 The eyes of the Lord are toward the righteous
and his ears toward 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 When the righteous cry for help, the Lord hears
and delivers them out of all their troubles.
18 The Lord is near to the brokenhearted
and saves the crushed in spirit.
- 19 Many are the afflictions of the righteous,
but the Lord delivers him out of them all.
20 He keeps all his bones;
not one of them is broken.
21 Affliction will slay the wicked,

and those who hate the righteous will be condemned.
22 The Lord redeems the life of his servants;
none of those who take refuge in him will be condemned.”

Psalm 34b (ESV)

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.^[SEP]