

Outline

- I will extol the Lord at all times;  
his praise will always be on my lips.*
- <sup>2</sup> *I will glory in the Lord;  
let the afflicted hear and rejoice.*
- <sup>3</sup> *Glorify the Lord with me;  
let us exalt his name together.*
- <sup>4</sup> *I sought the Lord, and he answered me;  
he delivered me from all my fears.*
- <sup>5</sup> *Those who look to him are radiant;  
their faces are never covered with shame.*
- <sup>6</sup> *This poor man called, and the Lord heard him;  
he saved him out of all his troubles.*
- <sup>7</sup> *The angel of the Lord encamps around those who fear him,  
and he delivers them.*
- <sup>8</sup> *Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.*
- <sup>9</sup> *Fear the Lord, you his holy people,  
for those who fear him lack nothing.*
- <sup>10</sup> *The lions may grow weak and hungry,  
but those who seek the Lord lack no good thing.*
- <sup>11</sup> *Come, my children, listen to me;  
I will teach you the fear of the Lord.*
- <sup>12</sup> *Whoever of you loves life  
and desires to see many good days,*
- <sup>13</sup> *keep your tongue from evil  
and your lips from telling lies.*
- <sup>14</sup> *Turn from evil and do good;  
seek peace and pursue it.*
- <sup>15</sup> *The eyes of the Lord are on the righteous,  
and his ears are attentive to their cry;*
- <sup>16</sup> *but the face of the Lord is against those who do evil,  
to blot out their name from the earth.*
- <sup>17</sup> *The righteous cry out, and the Lord hears them;  
he delivers them from all their troubles.*
- <sup>18</sup> *The Lord is close to the brokenhearted  
and saves those who are crushed in spirit.*
- <sup>19</sup> *The righteous person may have many troubles,  
but the Lord delivers him from them all;*

<sup>20</sup> *he protects all his bones,  
not one of them will be broken.*

<sup>21</sup> *Evil will slay the wicked;  
the foes of the righteous will be condemned.*

<sup>22</sup> *The Lord will rescue his servants;  
no one who takes refuge in him will be condemned.*

### I. The Reality of Our Destructive Fears.

The story behind Psalm 34: I Samuel 21:10-15.

*"I sought the Lord, and he answered me;  
he delivered me from all my fears." (vs. 4)*

*"I think to take life seriously it means that whatever we do on planet earth has to be done in the lived truth of the terror of creation." ~Earnest Becker, "The Denial of Death."*

*"He finished his job and now is free to send his atoms back into the earth and stars." ~Ann Patchett, "Finding Joy in My Father's Death."*

### II. The Redemptive Fear of the Lord.

*"The angel of the Lord encamps around those who fear him," (vs. 7)*

*"Fear the Lord, you his holy people,  
for those who fear him lack nothing." (vs. 9)*

*"I will teach you the fear of the Lord." (vs. 11)*

*"Taste and see that the Lord is good. Oh the joys of those who take refuge in Him." (vs. 8)*

*"He freed me from all my fears." (vs. 4)*

*He surrounds and defends all who fear him." (vs. 7) T*

*"He rescues {his people} from their troubles." (vss. 17-19)*

*"I will extol the Lord at all times;  
his praise will always be on my lips.  
I will glory in the Lord;  
let the afflicted hear and rejoice.  
Glorify the Lord with me;  
let us exalt his name together." (vss. 1-3)*

*When you're up against a struggle, that shatters all your dreams  
And your hopes have been cruelly crushed by Satan's manifested schemes  
And you feel the urge within you to submit to earthly fear  
Don't let the faith you're standing in seem to disappear*

*Praise the Lord, He will work through those who praise Him  
Praise the Lord, for our God inhabits praise  
Praise the Lord, for the chains that seem to bind you  
Serve only to remind you, that they drop powerless behind you  
When you praise Him*

*Now, Satan is a liar and he wants to make us think  
That we are paupers, when he knows himself we're children of the King  
So lift up the mighty shield of faith for the battle must be won  
We know that Jesus Christ has risen and the work's already done. ~Russ Taft, "Praise the Lord."*

*"This poor man called, and the Lord heard him;  
he saved him out of all his troubles." (vs. 6)*

*"his ears are attentive to their cry;" (vs. 15)*

*"The righteous cry out, and the Lord hears them;  
he delivers them from all their troubles." (vs. 17)*

*"keep your tongue from evil, turn from evil and do good; seek peace and pursue it, the face of the Lord is against those who do evil." (vss. 12-16)*

*"These people honor me with their lips, but their hearts are far from me." Matthew 15:8*

*"Glorify the Lord with me;  
let us exalt his name together." (vs. 3)*

*"Greater is the One in me (Jesus) than he who lives in the world!" I John 4:4*

*"The Lord is close to the brokenhearted; he rescues those whose spirits are crushed." (vs. 18)*

*"I trust in God, so why should I be afraid? What can mere mortals do to me?" Psalm 56:11*