

Psalm 34 is a heartfelt song of thanksgiving composed by David after his dramatic and somewhat humiliating escape from King Achish (also called Abimelech) of Gath. In fear for his life, David faked insanity to avoid being killed by the Philistines (1 Samuel 21:10–15). Though the ruse was undignified, it worked—and David gave glory to God, not to his cleverness. This psalm overflows with worship, practical wisdom, and confidence in God’s providential care.

1. Continuous Praise and Testimony (vv. 1–3)

“I will bless the Lord at all times; His praise shall continually be in my mouth. My soul shall make its boast in the Lord; the humble shall hear of it and be glad. Oh, magnify the Lord with me, and let us exalt His name together.” (Psalm 34:1–3, NKJV)

David begins not with regret over his fear, but with a vow to praise the Lord at all times. His praise isn't confined to moments of comfort or clarity—it rises from distress and deliverance. The word *“continually”* implies that God is worthy of worship even in the midst of hardship.

Personal Application:

Let our response to deliverance never be self-congratulation but deep praise. And let our testimony stir others to join us in worship. Worship is not only personal; it’s contagious. David calls us to *exalt His name together*.

2. Deliverance from Fear (vv. 4–7)

“I sought the Lord, and He heard me, and delivered me from all my fears.” (v. 4)

David doesn't claim that his deception saved him—he credits God's intervention. His fear led him to seek the Lord, and God responded by delivering him, not merely from danger, but from **fear itself**.

“They looked to Him and were radiant, and their faces were not ashamed. This poor man cried out, and the Lord heard him, and saved him out of all his troubles.” (vv. 5–6)

These verses shift from personal testimony to general encouragement. Those who look to God with honest desperation will never be put to shame. David calls himself “this poor man,” not in self-pity but in humility. Deliverance begins when we stop pretending to be strong.

“The angel of the Lord encamps all around those who fear Him, and delivers them.” (v. 7)

This verse teaches the protective ministry of God’s angelic messengers. Hebrews 1:14 echoes this: *“Are they not all ministering spirits sent forth to minister for those who will inherit salvation?”* Whether or not every believer is assigned a “guardian angel” specifically, we can be sure that God surrounds those who reverence Him with protection beyond what we can see.

3. Invitation to Experience God's Goodness (vv. 8–10)

“Oh, taste and see that the Lord is good; blessed is the man who trusts in Him!” (v. 8)

David invites others to *experience* God for themselves. Just as food must be tasted to be appreciated, so must God's goodness be personally encountered. Secondhand testimony is not enough. Trusting in the Lord brings the blessing of firsthand knowledge of His faithfulness.

"Oh, fear the Lord, you His saints! There is no want to those who fear Him. The young lions lack and suffer hunger; but those who seek the Lord shall not lack any good thing." (vv. 9–10)

Even the strongest and most self-sufficient—symbolized here by "young lions"—can be in need. But those who seek the Lord are never without what is good in God's eyes. Not everything we desire is truly good, but everything we truly need is found in Him.

4. Instruction in Righteous Living (vv. 11–14)

"Come, you children, listen to me; I will teach you the fear of the Lord." (v. 11)

David now shifts into teacher mode. Wisdom begins with the fear of the Lord—deep reverence, not panic. He invites the listener to learn what a God-fearing life looks like.

"Who is the man who desires life, and loves many days, that he may see good?" (v. 12)

Everyone wants a good, long life. David offers God's perspective on how to pursue it.

"Keep your tongue from evil, and your lips from speaking deceit. Depart from evil and do good; seek peace and pursue it." (vv. 13–14)

Living wisely means speaking truthfully, acting righteously, and pursuing peace. These are the marks of the one who reveres God—not just ritual, but real moral alignment.

5. God's Attentiveness and Justice (vv. 15–18)

"The eyes of the Lord are on the righteous, and His ears are open to their cry." (v. 15)

God is not distant. He sees and hears those who walk with Him in sincerity. His attention is not earned but granted freely to those who walk in humility and trust.

"The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth." (v. 16)

God is also just. Those who persist in wickedness and resist His ways will ultimately face judgment. His justice balances His mercy.

"The righteous cry out, and the Lord hears, and delivers them out of all their troubles. The Lord is near to those who have a broken heart, and saves such as have a contrite spirit." (vv. 17–18)

God responds to humility. A broken heart and a contrite spirit are not signs of weakness but of readiness for divine help. The Lord is especially near to those who are bowed low in genuine repentance and need.

6. God's Faithfulness in Trouble and Redemption (vv. 19–22)

"Many are the afflictions of the righteous, but the Lord delivers him out of them all." (v. 19)

Righteousness does not exempt us from hardship, but it assures us of God's help in it. The same trials that discourage the wicked become platforms for deliverance for the righteous.

"He guards all his bones; not one of them is broken." (v. 20)

This verse is messianic, fulfilled in Christ during His crucifixion (John 19:36). As the Lamb of God, none of His bones were broken, fulfilling the requirement for a spotless sacrifice (Exodus 12:46). It also illustrates God's preservation of His own.

"Evil shall slay the wicked, and those who hate the righteous shall be condemned. The Lord redeems the soul of His servants, and none of those who trust in Him shall be condemned." (vv. 21–22)

Evil ultimately destroys those who embrace it. But for those who trust in the Lord—His **servants**, those who belong to Him—there is redemption, not ruin. There is no condemnation for those who rest in His righteousness and mercy (cf. Romans 8:1).

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord. (Romans 6:23)

There is therefore now no condemnation to those who are in Christ Jesus, who do not walk according to the flesh, but according to the Spirit. (Romans 8:1)

Personal Application

1. **Let praise be your response to both trial and triumph.** Even if your "escape" feels undignified, remember that deliverance comes from the Lord, not from your cleverness.
2. **Learn to fear the Lord, not man.** Fear of people leads to foolish decisions; reverence for God brings peace, wisdom, and safety (Proverbs 29:25).
3. **Taste and see.** Don't live on secondhand faith. Experience God's goodness personally through trust, prayer, and obedience.
4. **Live wisely and humbly.** Guard your tongue, pursue peace, and walk in integrity. These are not the means of earning God's favor but the fruit of knowing Him.
5. **Take heart in trials.** Righteous people suffer too—but they suffer with the assurance that *"the Lord delivers them out of them all."* Stay near to Him, and you will never face your trials alone.

"The Lord redeems the soul of His servants, and none of those who trust in Him shall be condemned." (Psalm 34:22, NKJV)

That is the great assurance of Psalm 34: God is near, God hears, and God saves. Keep trusting. Keep praising. Keep walking in reverent humility. You are never alone.