

Psalm 34

Of David. When he pretended to be insane before Abimelek, who drove him away, and he left.

*I will extol the Lord at all times;
his praise will always be on my lips.
² I will glory in the Lord;
let the afflicted hear and rejoice.
³ Glorify the Lord with me;
let us exalt his name together.
⁴ I sought the Lord, and he answered me;
he delivered me from all my fears.
⁵ Those who look to him are radiant;
their faces are never covered with shame.*

-Psalm 34:1-5

¹⁰ That day David fled from Saul and went to Achish king of Gath. ¹¹ But the servants of Achish said to him, "Isn't this David, the king of the land? Isn't he the one they sing about in their dances:

*"Saul has slain his thousands,
and David his tens of thousands?"*

¹² David took these words to heart and was very much afraid of Achish king of Gath. ¹³ So he pretended to be insane in their presence; and while he was in their hands he acted like a madman, making marks on the doors of the gate and letting saliva run down his beard.

¹⁴ Achish said to his servants, "Look at the man! He is insane! Why bring him to me? ¹⁵ Am I so short of madmen that you have to bring this fellow here to carry on like this in front of me? Must this man come into my house?" (1 Samuel 21:10-15)

*I will extol the Lord at all times;
his praise will always be on my lips.
² I will glory in the Lord;
let the afflicted hear and rejoice.
³ Glorify the Lord with me;
let us exalt his name together. (Psalm 34:1-3)*

1. Seek the Lord

A. We seek God to see God for who He actually is.

***I sought the Lord, and he answered me;
he delivered me from all my fears. (Psalm 34:4)***

⁵ Then the Lord came down in the cloud and stood there with him and proclaimed his name, the Lord.⁶ And he passed in front of Moses, proclaiming, “The Lord, the Lord, the compassionate and gracious God, slow to anger, abounding in love and faithfulness, ⁷ maintaining love to thousands, and forgiving wickedness, rebellion and sin. Yet he does not leave the guilty unpunished; he punishes the children and their children for the sin of the parents to the third and fourth generation.” (Exodus 34:5-7)

2. Those Who Seek God Take the First Step Toward Deliverance by God.

***I sought the Lord, and he answered me;
he delivered me from all my fears. (Psalm 34:4)***

A. Deliverance is most often a process.

3. Those Who Seek the Lord Radiate the Lord

A. We Radiate What We reflect

***Those who look to him are radiant;
their faces are never covered with shame. (Psalm 34:5)***

When Moses came down from Mount Sinai with the two tablets of the covenant law in his hands, he was not aware that his face was radiant because he had spoken with the Lord. ³⁰ When Aaron and all the Israelites saw Moses, his face was radiant, and they were afraid to come near him.³¹ But Moses called to them; so Aaron and all the leaders of the community came back to him, and he spoke to them. ³² Afterward all the Israelites came near him, and he gave them all the commands the Lord had given him on Mount Sinai.

³³ *When Moses finished speaking to them, he put a veil over his face.³⁴ But whenever he entered the Lord’s presence to speak with him, he removed the veil until he came out. And when he came out and told the Israelites what he had been commanded, ³⁵ they saw that his face was radiant. Then Moses would put the veil back over his face until he went in to speak with the Lord. (Exodus 34:29-33)*

But whenever anyone turns to the Lord, the veil is taken away. ¹⁷ Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. ¹⁸ And we all, who with unveiled faces

contemplate the Lord's glory, are being transformed into his image with ever-increasing glory, which comes from the Lord, who is the Spirit. (2 Corinthians 3:16-18)

God is light and in Him there is no darkness at all. (1 John 1:5)

4. Those Who Seek the Lord Are Freed from Shame

Those who look to him are radiant;

their faces are never covered with shame. (Psalm 34:5)

“Shame is that deep sense that you are unacceptable because of something you did, something done to you, or something associated with you. You feel exposed and humiliated.

Or, to strengthen the language,

You are disgraced because you acted less than human, were treated as if you were less than human, or were associated with something less than human, and there are witnesses.”

-Edward Welsh

Shame Interrupted; How God Lifts the Pain of Worthlessness and Rejection

- A. Shame causes us to hide from God and therefore prevents us from helping others. This stops us from glorifying God, which is the whole mission of our enemy, the devil.

“You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven. (Matthew 5:14-16)