

Psalm 34



Dave Stevens



Summer Series



Listening to God through the Psalms

Scripture

Psalm 34

Lectio: Read the text slowly, pausing after each reading.

I bless God every chance I get; my lungs expand with his praise.
I live and breathe God; if things aren't going well, hear this and be happy:

Join me in spreading the news; together let's get the word out.
God met me more than halfway, he freed me from my anxious fears.

Look at him; give him your warmest smile. Never hide your feelings from him.
When I was desperate, I called out, and God got me out of a tight spot.

God's angel sets up a circle of protection around us while we pray.
Open your mouth and taste, open your eyes and see— how good God is.
Blessed are you who run to him.

Worship God if you want the best; worship opens doors to all his goodness.
Young lions on the prowl get hungry, but God-seekers are full of God.
Come, children, listen closely; I'll give you a lesson in God worship.
Who out there has a lust for life? Can't wait each day to come upon beauty?

Guard your tongue from profanity, and no more lying through your teeth.
Turn your back on sin; do something good.
Embrace peace—don't let it get away!

God keeps an eye on his friends, his ears pick up every moan and groan.
God won't put up with rebels; he'll cull them from the pack.

Is anyone crying for help? God is listening, ready to rescue you.
If your heart is broken, you'll find God right there;
if you're kicked in the gut, he'll help you catch your breath.

Disciples so often get into trouble; still, God is there every time.
He's your bodyguard, shielding every bone; not even a finger gets broken.

The wicked commit slow suicide; they waste their lives hating the good.
God pays for each slave's freedom; no one who runs to him loses out.

Reflection

Note a word(s) or phrase that is highlighted to you. (*Lectio*)

How does this practically speak to your life at this time?
(*Meditatio/Meditate*)

What new awareness or action is God inviting you to today?
(*Meditatio/Meditate*)

What things are preventing you from savoring God's invitation to you?
(*Meditatio/Meditate*)

Offer a prayer of gratitude to God for his presence and his invitation to you. (*Oratio/Respond*)