

HOW TO GET THE MOST OUT OF LIFE

PSALM 34:11-22

Introduction:

The testimony is followed by a lesson on life. It summarizes what David has learned from the experiences of life. He feels compelled to pass it on to the next generation. What David discovered about life in his generation is ageless. Actually Simon Peter quoted some of this passage in his instructions to the suffering saints of the first century.

Do you want to get the most out of life, to live life to the fullest? The secret is obvious—fear the Lord. Live your life with a reverential respect for God day by day. It is really a way of living that regards all of life as sacred. Every day is Sabbath in the life of the God-fearer. If you put God in his proper place at the center of your life, then the rest of life will fall into place.

What does it mean to live in fear of the Lord?

Jerry Bridges defines it like this: “The essential elements of the fear of God are correct concepts of his character, a persuasive sense of his presence, and a constant awareness of our responsibility to Him”. Jerry Bridges, Pursuit of

Godliness

The Psalmist becomes extremely practical. He does so with a series of admonitions. Each of them should be seen as an element in a life lived in fear of the Lord.

I. RESTRAIN YOUR TONGUE. (V. 13)

1. Restrain your tongue from speaking hurtfully to or about others.

Though Saul sought his life, David never spoke evil of Saul. He always addressed him with respect, and rebuked others who would not give to the Anointed of the Lord proper respect.

As one wag put it, “The difference between a bad marriage and a good marriage is leaving about three things unsaid every day.”¹

²Kesler, J. 1988. *Vol. 13: Being holy, being human : Dealing with the expectations of ministry*. The Leadership library. CTI; Word Books: Carol Stream, Ill.; Waco, Tex.

2. Restrain your tongue from speaking deceitfully to God and others.

The Psalmist knew that God hears all of our words, and prays that meditations and thoughts may be pleasing in his sight. (Psalm 19)

An anonymous wit has defined *gossip* as news you have to hurry and tell somebody else before you find out it isn't true!

“I would rather play with forked lightning, or take in my hands living wires with their fiery current,” said A.B. Simpson, founder of the Christian and Missionary Alliance, “than speak a reckless word against any servant of Christ, or idly repeat the slanderous darts which thousands of Christians are hurling on others, to the hurt of their own souls and bodies.”

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⁴Wiersbe, W. W. 1996, c1992. *Be determined*. On cover: An Old Testament study--Nehemiah. Victor Books: Wheaton, Ill.

II. AVOID SIN. (V. 14A)

1. The Lord is against those who practice evil. (v. 16)
2. Evil practices bring their own punishment (v. 21)

III. DO GOOD. (V. 14B)

1. Do the right thing to men.
2. Do the right thing before God.

IV. SEEK PEACE. (V. 14C)

1. Seek the peace of God.
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2. Seek peace with men.
3. Seek peace with yourself.

*MY CHILD, I will teach you now the way of peace and true liberty.
Seek, child, to do the will of others rather than your own.
Always choose to have less rather than more.
Look always for the last place and seek to be beneath all others.
Always wish and pray that the will of God be fully carried out in you.
Behold, such will enter into the realm of peace and rest.*

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⁶Thomas Kempis: *The Imitation of Christ*. Oak Harbor, WA : Logos Research Systems, 1996

V. PERSERVERE IN PRAYER. (V. 15, 17, 22)

1. Never quit praying regardless of what happens.
2. Never quit trusting regardless of what happens.

Such conduct will put you in a position to enjoy the favor of the Lord. The favor of the Lord will add flavor to life, and protect you from the evil and harm that is in the world.

His favor may not keep you out of trouble, given the nature of the world in which we live, but the Lord will be with us in our troubles.
