

# THROUGH THE BIBLE STUDY

## PSALM 29-34

The Hebrew Psalms are like the landscape of America – they're vast, and deep, and beautiful... *from the mountains to the prairies, to the oceans white with foam*. The Psalms cover lots of territory.

Pain and pleasure - praise and persecution – hurt and happiness – grief and gladness - loneliness and laughter - the Psalms represent a wide landscape of physical, and emotional, and spiritual settings...

There's a psalm written *in* and *for* every conceivable situation.

**PSALM TWENTY-NINE** is a call to worship.

David depicts God's *might through meteorology*. He tracks a storm at sea as it sweeps over the land, and credits it to voice of God. To get the full effect of Psalm 29 you need to wait for a summer thunderstorm...

When the sky gets dark - and the wind starts to howl - and lightning bolts dart across the sky – go outside and read the 29<sup>th</sup> psalm.

“Give unto the LORD, O you mighty ones, give unto the LORD glory and strength.” The expression “mighty ones” which can be translated, “sons of God” is a Jewish expression used for the angels.

“Give unto the LORD the glory due to His name; worship the LORD in the beauty of holiness.” Here we're told to give to the Lord - *but this can be a problem!* Ever tried to buy a gift

for someone who already has everything? That's true of God. What does God not already own?

The only thing God doesn't already possess is our praise. The gift that keeps on giving is the glory due His name! Let's worship the Lord.

**“The voice of the LORD is over the waters; the God of glory thunders; the LORD is over many waters. The voice of the LORD is powerful; the voice of the LORD is full of majesty.”** The psalmist sees God behind the formation of the storm. His voice causes the thunder to clap.

**“The voice of the LORD breaks the cedars, yes, the LORD splinters the cedars of Lebanon.”** The wind sweeps in from the north, crackling the cedar trees of Lebanon. Some are as high as 120' high and 40' in circumference. Yet the Lord snaps them off like toothpicks.

**“He makes them also skip like a calf, Lebanon and Sirion like a young wild ox. The voice of the LORD divides the flames of fire.”** God's voice splits the lightning and sends its bolts darting across the northern sky.

**“The voice of the LORD shakes the wilderness; the LORD shakes the Wilderness of Kadesh. The voice of the LORD makes the deer give birth, and strips the forests bare; and in His temple everyone says, "Glory!"**

As the storm sweeps southward across the deserts of the Negev it unleashes incredible power and shakes the wilderness. It creates chaos among creation. The pregnant deer panic and give birth.

Below the storm there's **panic**, but above the storm there's **peace!** In the LORD'S Temple everyone shouts "**Glory!**" God is awesome.

That's why Paul tells us to set our minds on things above! The Lord is shaking and rattling this world, and those who trust in earthly stuff will be disappointed – a.k.a. the stock market or 401Ks.

Live above the storm and anchor your heart to God's Temple.

Verse 10 "**The LORD sat enthroned at the Flood, and the LORD sits as King forever. The LORD will give strength to His people; the LORD will bless His people with peace.**" The flood of Noah's day was the mother of all storms and God oversaw it from his throne in heaven.

Trust me the storm you've encountered right now is nothing for God. The Lord gives strength. If we trust Him, He blesses us with peace.

Here's an interesting detail. The Jews sung Psalm 29 at the Feast of Weeks or Pentecost. And you wonder the reason for that association?

Remember when Jesus filled His Church with the Holy Spirit He came as a rushing mighty wind – and flickers of fire appeared above the heads of the disciples. It was a spiritual storm - wind and lightning bolts.

Imagine being in the Upper Room on the Day of Pentecost as the Holy Spirit descends on the Church and fills the disciples and someone reads, Psalm 29:7, "**The voice of the LORD divides the flames of fire.**"

You realize once again all the psalms have prophetic insights.

Well, the countdown is on. In 60 days Barack and Michelle and Malia and Sasha - the Obamas - will take up residence at 1600 Pennsylvania Ave in Washington, DC. A new family will move into the White House.

It's interesting that **PSALM THIRTY** was written for a similar occasion.

When David became king over all Israel he moved his capitol city from Hebron to Jerusalem. King Hiram of Tyre saw that David was a rising star and wanted to remain Israel's ally, so he sent men and materials to build a palace. Psalm 30 was written for the dedication of David's White House.

Today, if you visit the Old City of Jerusalem you can tour the archeological digs where David's palace is being unearthed.

Verse 1 "I will extol You, O LORD, for You have lifted me up..."

Note the play on words - "extol" means "to lift up." God lifted David out of exile and made him king. Now David will lift up the Lord in praise.

"And have not let my foes rejoice over me. O LORD my God, I cried out to You, and You healed me. O LORD, You brought my soul up from the grave; You have kept me alive, that I should not go down to the pit.

Sing praise to the LORD, You saints of His, and give thanks at the remembrance of His holy name. For His anger is but for a moment, His favor is for life; weeping may endure for a

night, but joy comes in the morning.” David was on the run from Saul for 7½ years.

Saul chased and hunted David like wounded deer

David had been the object of lies and falsehoods.

He pleaded for God to vindicate him and deliver him, yet there were times when it seemed that God had turned a deaf ear to his cries.

Imagine 7½ years of sleepless nights, countless bouts of despair, and who knows how many tears. Yet a new day has dawned for David...

His years in exile are over! He’s gone from the *pit to the pinnacle* – from *pain to the palace* – from *cave to coronation*. David is now king of Israel.

And looking back, David realizes his long nights were filled with many lessons. It’s been said, “Joys are our wings. Sorrows are our spurs.”

God uses pain and sorrow in our life, but thankfully only for a season.

For the child of God “weeping may endure for a night, but joy comes in the morning.” His anger is for a moment, but His favor is for lifetime!

God will spank a child. He’s not afraid to use the belt on one of His kids, but the paddling is tempered with mercy – and always teaches a lesson.

Charles Spurgeon once wrote, “God soon turns from His wrath, but He never turns from His love.” God’s discipline is always a sign of His love.

But the experience of an unbeliever is just the opposite... His joy is for a moment, while his weeping is forever. There's a difference between *an unbeliever in need of a Savior* and a *believer in need of a spanking*.

An unbeliever has done nothing to appease God's anger over his sin. He's left to feel God's anger over sin for the remainder of eternity.

Verse 6 "Now in my prosperity I said, "I shall never be moved..."

At the time David thought he was invincible. This was his coronation day. He assumed his prosperity would be perpetual. The palace he now occupied put him out of the reach of troubles and problems.

Ironically it was from the porch of this same palace that he looked out over the rooftops of the city and saw a woman bathing in the moonlight.

What happened in the palace that night almost cost him his kingdom.

"LORD, by Your favor You have made my mountain stand strong; You hid Your face, and I was troubled. I cried out to You, O LORD; and to the LORD I made supplication: "What profit is there in my blood, when I go down to the pit? Will the dust praise You? Will it declare Your truth?

Hear, O LORD, and have mercy on me; LORD, be my helper!"

You have turned for me my mourning into dancing; You

have put off my sackcloth and clothed me with gladness, to the end that my glory may sing praise to You and not be silent." The words "put off" mean "to tear off."

The Lord doesn't like to see us in grieving and mourning. As soon as we repent of our sin He's quick to tear off the sackcloth and clothe us with glory and singing! Salvation is a swap – dancing for depression!

Fall to your knees and you'll soon be doing a jig with your feet!

The psalm ends, "O LORD my God, I will give thanks to You forever."

It's interesting that **PSALM THRITY-ONE** was quoted by Jeremiah, Jonah, and Jesus. It's been called a mosaic of misery and mercy.

The psalmist is riding in between the crest and trough of a narly wave. He's getting churned up and rolled over. He's fighting to stay alive.

We don't know when David wrote this psalm. It's possible that it was a composite of feelings he had at various times and in diverse situations.

Certainly it was written during a time of heavy persecution.

David addresses it to the Chief Musician. The last psalm to the Chief Musician was Psalm 22, a prophecy of Jesus on the cross. It's amazing that this psalm also looks to his suffering and deals with His crucifixion.



Verse 1 “In You, O LORD, I put my trust; let me never be ashamed; deliver me in Your righteousness. Bow down Your ear to me, deliver me speedily; be my rock of refuge, a fortress of defense to save me.

For You are my rock and my fortress; therefore, for Your name's sake, lead me and guide me. Pull me out of the net which they have secretly laid for me, for You are my strength. Into Your hand I commit my spirit; You have redeemed me, O LORD God of truth.” I’m sure you recognize the words, “Into Your hand I commit my spirit...” – Luke 23:46 – these are the words Jesus spoke just before He surrendered His life for our sin.

Yet these are also appropriate words for us to pray. On the cross God purchased our lives. Thus, it’s fitting that we continually place back into God’s hands what belongs to Him. Ask Him to protect His investment.

Verse 6 “I have hated those who regard useless idols; but I trust in the LORD. I will be glad and rejoice in Your mercy, for You have considered my trouble; You have known my soul in adversities, and have not shut me up into the hand of the enemy; You have set my feet in a wide place.”

For years David felt as if he’d been tiptoeing around danger - now God has set his feet on a wide path! He feels safe. God is His security.

“Have mercy on me, O LORD, for I am in trouble; my eye wastes away with grief, yes, my soul and my body! For my life is spent with grief, and my years with sighing; my strength fails because of my iniquity, and my bones waste away.”



Again, Psalm 31 is a rollercoaster of emotion.

One moment he feels secure - his feet are in a wide place. The next moment his strength is failing and his bones are wasting away.

**“I am a reproach among all my enemies, but especially among my neighbors, and am repulsive to my acquaintances; those who see me outside flee from me.”** Some commentators speculate that David may have contracted leprosy after his sin with Bathsheba. A more logical explanation is that some of his subjects treated him like a leper.

We know David’s own family held a deep resentment toward him.

**“I am forgotten like a dead man, out of mind; I am like a broken vessel.”** A broken vessel is of no use. David is feeling very, very disposable.

**“For I hear the slander of many; fear is on every side; while they take counsel together against me, they scheme to take away my life.**

**But as for me, I trust in You, O LORD; I say, "You are my God."**

**My times are in Your hand; deliver me from the hand of my enemies, and from those who persecute me.”** Verse 15 contains a beautiful line...

David says to God, **“my times are in Your hand.”** The Life and Times of every believer is ultimately written by God. One man puts it, **“All my life's ways and whens and wheres and**

wherefores are in God's hands.”

Timing is such crucial part of living!

Look at nature. If you want a seed to sprout it needs to be planted at just the right time. Timing is also crucial to our success and failures...

Success has a lot to do with being at the right place at the right time.

Yet how do you read the times? Life is unpredictable. No one can see into the future... *David's answer is to trust God with the timing of his life!*

Verse 16 “Make Your face shine upon Your servant; save me for Your mercies' sake. Do not let me be ashamed, O LORD, for I have called upon You; let the wicked be ashamed; let them be silent in the grave.

Let the lying lips be put to silence, which speak insolent things proudly and contemptuously against the righteous.” God will shut up lying lips!

“Oh, how great is Your goodness, which You have laid up for those who fear You, which You have prepared for those who trust in You in the presence of the sons of men! You shall hide them in the secret place of Your presence from the plots of man; You shall keep them secretly in a pavilion from the strife of tongues.” God will protect those who fear Him.

The New Testament tells us that God has incredible blessings in store for His kids - peace, and comfort, and power, and healing. Ephesians begins “*We have been blessed with all spiritual blessings in Christ.*”

Yet if these blessings are so available why aren't more believers experiencing them? Here's the answer... they're hidden.

God hides them in a “**secret place.**” He protects them from men and women who won't appreciate them and will misuse them. He keeps His blessings on reserve only for those people who fear and respect Him.

Notice in verse 20, the psalmist says God hides His blessings “**in the secret place of Your presence.**” Here's why so many people live without God's treasures. You have to love *His presence* to enjoy *His blessings*.

Verse 21 “**Blessed be the LORD, for He has shown me His marvelous kindness in a strong city! For I said in my haste, “I am cut off from before Your eyes”; nevertheless You heard the voice of my supplications when I cried out to You.**” How many of us in a moment of despair wrongly concluded that God had let us down. “**I said in my haste...**”

Afterwards we were so sorry that we had doubted God's faithfulness.

“**Oh, love the LORD, all you His saints! For the LORD preserves the faithful, and fully repays the proud person. Be of good courage, and He shall strengthen your heart, all you who hope in the LORD.**”

**PSALM THIRTY-TWO** is labeled “**A Contemplation.**” The Hebrew word is “**Maschil.**” Thirteen psalms have the same title. “*A Contemplation.*”

These are sermons set to song. God created music and

gave it to the church not just for worship. It's also a way to convey a message.

After David's sin with Bathsheba, and his confrontation with the Prophet Nathan, David repented of his sin. He wrote Psalm 51 as a confessional.

In Psalm 51 David promises to help others profit from the mistakes he's made. In verse 12-13 he prays to God, "Restore to me the joy of Your salvation, and uphold me with Your generous Spirit. Then will I teach transgressors Your ways, and sinners shall be converted to You."

Psalm 32 is David's attempt to keep his promise, and teach sinners God's ways. It's a firsthand account on the importance of repentance.

Understand also Psalm 32 was sung by the Hebrews on the Day of Atonement – their national day of fasting and repentance.

The Jews would come to the Temple in sackcloth and ashes - and sing Psalm 32. "Blessed" or "Happy" is he whose transgression is forgiven, whose sin is covered." Yet as they sang, no one looked very happy. Everyone was bogged down with guilt – deeply aware of their sin.

*Until the High Priest excited from the Holy of Holies...He had offered the sacrifice and sprinkled its blood on the mercyseat. His appearance meant God had accepted their sacrifice and their sin was covered.*

At the sight of the priest the crowd erupted in praise. They felt forgiven. Their sin was gone. Now they sang, danced, and

rejoiced. But they knew there could be no blessedness without repentance and forgiveness.

And the same is still true. Happy is the man whose sin is blotted out.

“Blessed is he whose transgression is forgiven, whose sin is covered.

Blessed is the man to whom the LORD does not impute iniquity, and in whose spirit there is no deceit.” “*Impute*” is an accounting term. It means “to record in the ledger.” When a Christian sins we know it - God knows it - friends and enemies know it – yet sin that’s imputed doesn’t get recorded.

We’re in Christ! The sacrifice of Jesus blots out all my debts. His righteous supplies all my assets. My life’s ledger looks good.

One day I’m going to stand before God - and God will open the ledgers, and they’ll be perfect! God will invite me to enter in! And Satan will have a duck! He’ll shout, “But God, I’ve got videos, snapshots, all the evidence needed to convict Sandy Adams...” But God will declare it inadmissible.

It has all dealt with by the blood of Jesus. It cannot be imputed!

When Paul sent Philemon’s runaway slave, Onesimus, back home – he cleared up the ledger. Philemon was told to receive his former slave as he would receive Paul. If he owed him anything charge it to Paul’s account.

His debts were canceled. And he was recorded Paul’s acceptance.

This is what happens to us in Christ. In the heavenly ledgers our sin is erased from the hard drive, and we're credited the righteousness of God.

Verse 3 "When I kept silent, my bones grew old through my groaning all the day long. For day and night Your hand was heavy upon me; my vitality was turned into the drought of summer. Selah" For the better part of a year David was tortured by a guilty conscience, and hounded by God's Spirit.

Sin ate away at him like a cancer. It negatively affected David's physical health. It sapped him of his vitality. It was just a year, but he aged ten.

"I acknowledged my sin to you, and my iniquity I have not hidden.

I said, "I will confess my transgressions to the LORD," and You forgave the iniquity of my sin. Selah" When David came clean, God cleansed Him.

"For this cause everyone who is godly shall pray to You in a time when You may be found; surely in a flood of great waters they shall not come near him. You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. Selah

God now speaks to David, "I will instruct you and teach you in the way you should go; I will guide you with My eye. Do not be like the horse or like the mule, which have no understanding, which must be harnessed with bit and bridle, else they will not come near you." Don't be stubborn and resistant. Brokenness is the key. Harness your heart to God's

will.

Verse 10 “Many sorrows shall be to the wicked; but he who trusts in the LORD, mercy shall surround him. Be glad in the LORD and rejoice, you righteous; and shout for joy, all you upright in heart!”

**PSALM THIRTY-THREE** speaks not just to the worshipper, but to the worship leader. It’s an encouragement to turn up our praise!

Verse 1 “Rejoice in the LORD, O you righteous! For praise from the upright is beautiful.” Yesterday we had a wedding at the church. At a wedding two lovers will get dressed up for each other. The bride is adorned in a gorgeous gown. The groom wears a spiffy tuxedo.

In the same way the Bride of Christ should get dressed up for her groom. And what does Jesus like to see us wearing? Praise!

Psalms 33 tells us, “For praise from the upright is beautiful.”

Verse 2 “Praise the LORD with the harp; make melody to Him with an instrument of ten strings. Sing to Him a new song; play skillfully with a shout of joy.” This is a word to the worshipper leaders. Play skillfully.

And the opposite of skillfully is sloppily or shabbily. Leaders of worship need to work at their craft and develop their skill and talent.

The praise of God deserves our very best efforts.



Too often the church chooses between art and heart.

Some churches have “the joyful noise mentality.” It doesn’t matter how you sound. God listens to your heart. So just wail away and God will love what He hears. And God might... but that’s not to say the rest of us will.

Other churches go to the opposite extreme. They hire professional musicians and strive for the highest levels of musicianship. It’s “the concert mentality.” Worship becomes a musical performance.

I don’t think we should go to either extreme. Worship comes from the heart. But worship involves good art. And there should be a balance.

Notice too verse 3 says, “Sing to Him a new song...” Not the same old hymns for 200 years. The phrase “new song” means “one that has never been heard before” – an original. We need songs that are *our songs*.

“For the word of the LORD is right, and all His work is done in truth.

He loves righteousness and justice; the earth is full of the goodness of the LORD. By the word of the LORD the heavens were made, and all the host of them by the breath of His mouth. He gathers the waters of the sea together as a heap; He lays up the deep in storehouses. Let all the earth fear the LORD; let all the inhabitants of the world stand in awe of Him.

For He spoke, and it was done; He commanded, and it stood fast.”

The worlds were spoken into existence with nothing other

than the power of God's word. "Let there be... and suddenly there was!"

"The LORD brings the counsel of the nations to nothing; He makes the plans of the peoples of no effect." We're like ants at the picnic. I'm sure the ants have a plan, but the ant plan is subject to the plan of man.

Likewise with the policies and strategies of nations - they're in force until the Almighty God decides to do something different.

"The counsel of the LORD stands forever, the plans of His heart to all generations." Only God's plan shapes eternity. His counsel is forever.

"Blessed is the nation whose God is the LORD, the people He has chosen as His own inheritance." Of course, this was the nation Israel.

Yet I suppose this verse could also be applied to America. Here's a primer on why America has risen to such prominence on the world's stage. For much of our history our God was the God of Israel.

This verse might also explain our demise. *Who is our God now?*

Verse 13 "The LORD looks from heaven; He sees all the sons of men. From the place of His dwelling He looks on all the inhabitants of the earth; He fashions their hearts individually; He considers all their works."

Notice God "fashions their hearts individually." Discipleship – growing in Christ - is not a cookie-cutter approach. It's

never a one-size-fit-all. God works with each of us personally and individually. He tailors a plan.

But His plan for each of us does involve a certain amount of pressure and squeezing. The word "fashion" means "to mold by squeezing."

God molds us by squeezing us! He shapes us into the image of Jesus by applying pressure in the area where we need to change! He squeezes us like a tube of toothpaste. He squeezes us until we shift the right way!

Verse 16 "No king is saved by the multitude of an army; a mighty man is not delivered by great strength. A horse is a vain hope for safety; neither shall it deliver any by its great strength." Don't be deceived. A king's strength is not his military might. God is his deliverer and safety.

"Behold, the eye of the LORD is on those who fear Him, on those who hope in His mercy, to deliver their soul from death, and to keep them alive in famine. Our soul waits for the LORD; He is our help and our shield. For our heart shall rejoice in Him, because we have trusted in His holy name.

Let Your mercy, O LORD, be upon us, just as we hope in You."

Here's the preface to **PSALM THIRTY-FOUR**, "A Psalm of David when he pretended madness before Abimelech, who drove him away, and he departed." King Saul tried to kill David three times. He'd throw his lance at David and try to permanently part his hair. Three times he survived.

When he finally fled Saul's court he went to the Tabernacle

at Nob. There he fetched some food and the sword he'd taken off Goliath.

But David had no place to run. He felt rejected by his own people.

So David made a stupid move. He turned to his enemies for help. David goes to Philistine territory – to the city of Gath – Goliath's own hometown.

He struts into Gath with the giant's sword dangling from his belt.

Soon it becomes apparent the Philistines are not ready to let bygones be bygones. They place David in shackles and bring him to the king.

David is a quick thinker. He pretends to be crazy. He foams at the mouth, and claws the walls. The king figures he has enough nutcases in his kingdom so he sends David away. David returns to the cave of Adullam, back in Israeli territory. He's grateful God preserved his life.

David rejoices over a narrow escape and writes a song of thanksgiving! Psalm 34 is another acrostic psalm. Its form makes it easy to memorize.

Psalm 34 begins, **“I will bless the LORD at all times; His praise shall continually be in my mouth.”** Apparently, praise is appropriate for every moment of the day – and for every situation - at noon, at night, when you rise up or lie down - in the tub, or car – or alone, or with friends...

When is it appropriate to praise the Lord? **“At all times...”**

“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.” I hate to say it but I love to boast. I tend to embellish a story – and accentuate my accomplishments. I like to magnify and amplify...

And that’s okay if my boast is in God - if it’s Him I’m magnifying and amplifying. Let’s turn the spotlight on God and exalt His name together.

“I sought the LORD, and He heard me, and delivered me from all my fears.” David’s troubles were of his own creation. He did a dumb thing.

He turned himself over to his enemies, yet God still delivered him. God doesn’t penalize stupidity. He delivered David from “all his fears.”

Verse 5 “They looked to Him and were radiant, and their faces were not ashamed. This poor man cried out (the king calls himself a poor man), and the LORD heard him, and saved him out of all his troubles. The angel of the LORD encamps all around those who fear Him, and delivers them.”

When you become president of the United States the government dispatches secret service agents to watch out for your welfare.

Well, God does the same for His children. When you give your life to Jesus He dispatches angels that camp around you and protect you.

I don’t know if they wear suits and sunglasses and little headphones in their ears – but they’re God’s secret service and they’ll take a bullet for you. Hebrews calls angels

“ministering spirits to the heir of salvation.”

Verse 8 “Oh, taste and see that the LORD is good; blessed is the man who trusts in Him!” David is saying “Don't take my word for it - experience God for yourself... Come to Him and taste firsthand of His goodness.”

There are two ways to gain knowledge - *academically* or *experientially*.

If I had a coconut cream pie, and wanted to discover its taste I could proceed in two ways. I could cut a slither and put it under a microscope.

I could do all sorts of clinical testing on the pie and find out its chemical composition. Then I could biopsy my taste buds and feed the data into a computer. It would compare the pie with my body chemistry and give me an idea of how I would react to the taste of the pie going into my mouth.

Or I could save a lot of effort and foolishness and just eat a bite!

David is saying if you want to know God you can spend the next 50 years studying theology – or you can just open your heart to Him. Just taste and see... It's simple – happy is the man who trusts in God.

“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.” This is a strategic verse!

Many new Christians return to their old life because they're afraid that God will leave them hanging. There's something

they'll miss out on.

Satan loves for us to focus on what we're giving up and leaving behind. He doesn't want you to see that God has far better replacements.

We don't need to worry. We have God's personal promise. Here it is, verse 10, **"Those who seek the LORD shall not lack any good thing."**

**"Come, you children, listen to me; I will teach you the fear of the LORD.**

**Who is the man who desires life, and loves many days, that he may see good? Keep your tongue from evil, and your lips from speaking deceit. Depart from evil and do good; seek peace and pursue it."**

David desired life, and loved many days, and wanted to see good – but he sought it by turning toward evil – he went down to Gath.

He learned the hard way the key to blessing is to **"depart from evil."**

**The eyes of the LORD are on the righteous, and His ears are open to their cry. The face of the LORD is against those who do evil, to cut off the remembrance of them from the earth. 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. Many are the afflictions of the righteous, but the LORD delivers him out of them all."** I'm sure you know a believer in Jesus isn't promised an affliction-free life. To the contrary, David tells us, **"Many are**



**the afflictions of the righteous.”** In an evil world our righteousness is often a lightning rod for affliction. In this world we all have tribulation.

But if we humble our hearts and cry to Him, God promises to deliver us!

Verse 20 **“He guards all his bones; not one of them is broken.”**

Here’s a verse quoted in John 19:36. It spoke of Jesus on the cross.

The Romans usually hastened a crucified person’s death by breaking his legs. This caused the victim to suffocate. Yet when the soldier came to Jesus He was already dead. Not one of His bones was broken.

A pagan Roman’s action fulfilled a King of Israel’s prophecy.

Psalm 34 closes, **“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.”**