

Praise God? How Can I?

Psalm 34

Psalm 34 challenges us. David tells us to bless the Lord at all times, for his praise to be on our lips continuously. But how is this possible? How do we do this when we are bowed down in sorrow and struggle?

Nicholas tells a personal journey that made living out Psalm 34 possible.

1. To bless the Lord begins with your suffering and weakness.

2. To bless the Lord is to redirect your fears.

3. To bless the Lord is to see, with new eyes, his care for you in your suffering.

4. To bless the Lord is to rest in his deliverance.

Reflection questions:

1. Have you ever thought that God wants you to “bless him at all times”? Does knowing that typically crush you?
2. Talk about how your fears control you. What are your fears attached to? What are you afraid of losing that suffering threatens to take away?
3. How do you understand the fear of the Lord? Judgement, or something else?
4. Do you live with a heart of thanksgiving? If not, what keeps you from seeing God’s care for you at all times?
5. How do you think about God delivering you from suffering? Do you trust him when “your deliverance” doesn’t happen? Do you long for his ultimate deliverance—and does that impact your life now?