

# psalm 34



- <sup>1</sup> I will extol the Lord at all times;  
his praise will always be on my lips.
- <sup>2</sup> I will glory in the Lord;  
let the afflicted hear and rejoice...
- <sup>4</sup> I sought the Lord, and he answered me;  
he delivered me from all my fears...
- <sup>8</sup> Taste and see that the Lord is good;  
blessed is the one who takes refuge in him.
- <sup>9</sup> Fear the Lord, you his holy people,  
for those who fear him lack nothing...
- <sup>17</sup> The righteous cry out, and the Lord hears them;  
he delivers them from all their troubles.
- <sup>18</sup> The Lord is close to the brokenhearted  
and saves those who are crushed in spirit...

**reflect:** What gives David confidence that he will make it through this tough time? What are the reasons for his confidence in God?

**respond:** What are the fears, troubles and heart-breaks in your life? Bring them to God trusting that he will hear and answer you; that he is good, caring and comforts you.