

Taking Refuge in the Lord

“Taste and see that the Lord is good; blessed is the one who takes refuge in Him.” (Psalm 34:8)

- I. **Getting heaven’s attention with worship and praise (Psalm 34:1-3)**
 - A. We can “taste” the Lord in worship and perceive His goodness even before we see answers to our prayers (Psalm 34:1, 8).
 - B. Worshiping in affliction is “boasting in the Lord” (Psalm 34:2).
 - C. Praising, praying, and giving thanks in all circumstances are God’s will for us and pave the way for deliverance from evil (Psalm 34:3; I Thessalonians 5:16-18). This is how we enter the very presence of God (Psalm 100; 27:4-6).

- II. **Calling on the Lord at all times (Psalm 34:4-10)**
 - A. God promises to deliver us from all our fears and shame (Psalm 34:4-6). We exchange our fear for the fear of the Lord (Psalm 34:7, 9, 11).
 - B. The Hebrew word for “called” (Psalm 34:6) is rarely a random outcry. It usually refers to a specific message, to a specific recipient, for a specific purpose.
 - C. Fearing the Lord means turning to the Lord to take refuge from our problems. What we say is incredibly important. Our words and faith activate angelic activity for our benefit (Psalm 34:7). If you say, “The Lord is my refuge...” (Psalm 91:9-16). See also the example of Daniel 10:1-3, 12-14).

- III. **God’s eyes are on the righteous, and He listens to the cry of those who fear the Lord and show mercy to others (Psalm 34:11-17).**
 - A. God gives righteousness to everyone who receives Jesus (II Corinthians 5:21; Psalm 34:15, 17; Hebrews 4:14-16).
 - B. Righteousness expresses itself in love toward others. Notice the good advice for righteousness Peter gives as he quotes Psalm 34:12-16 in I Peter 3:8-17.
 1. Repay evil with blessing, especially in your speech (I Peter 3:9, 10).
 2. Be prepared to give a gentle and respectful answer to everyone who asks you “to give reason for the hope you have” (I Peter 3:15; Philippians 4:5).
 3. Keep a clear conscience (I Peter 3:8-17).
 - C. When we show others the mercy we have received from God, we receive “good measure, pressed down, shaken together, and running over” (Luke 6:35-38).
 - D. God is attentive to your righteousness. Don’t forget to cry out. You are heard! God will deliver you from all your troubles (Psalm 34:14-17)!

- IV. **The Lord is close to the brokenhearted (Psalm 34:18-22).**
 - A. The Hebrew word for “broken” in Psalm 34:18 literally means “to break, break in pieces.” It often appears in the context of violence.
 - B. The place where God lives (Isaiah 57:15)
 - C. Even when there are many troubles, the Lord delivers us from them all (Psalm 34:17, 19, 22).
 - D. We don’t live a pain-free life, but we have a Mighty Deliverer! “For though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes” (Proverbs 24:16).

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