NEW LIFE CLASS

BRIDGING THE GAP

BETWEEN BIBLICAL LEARNING AND RADICAL LIVING



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Praise from a Cave

Lesson Two • Psalm 34

"If we hope to spend eternity in praising God, it is fit that we should spend much of our time here in this work." – Matthew Henry

Background: 1 Samuel 21: 10-15

- David **FLED** Saul and went to Achish the king of Gath.
- David became **AFRAID** of Achish and the Philistines.
- David **CHANGED** his behavior and pretended to be **INSANE**.
- David **ESCAPES** to the cave of Adullam.

Big Picture: *God* FULLY *Satisfies!*

1. TASTE and SEE God's Goodness. (vv. 1-10)

- Praise God **PERSONALLY**. (vv. 1-2)
- Praise God **CONGREGATIONALLY**. (v. 3)
- Praise God for His **DELIVERANCE**. (vv. 4-7)
- Praise God for His **PROVISION**. (vv. 8-10)

"The Lord loves thankful people. They never cease to praise Him, and they regularly thank Him. In both good times and bad times, they offer praise and thanksgiving to God. They worship the Lord, the God of times, without regard to what the times are like." – Athanasius

2. **TRUST** and **LIVE** in God's Goodness. (vv. 11-22)

- Live in **DEVOTION** to Him. (vv. 11-14)

- Live in **CONFIDENCE** because of Him. (vv. 15-18)

- Live in **VICTORY** thanking Him. (vv. 19-22)

"The believer whom this Psalm ultimately points to is the One who has been raised from the dead."
– Christopher Ash

Are You Praising from a Cave?

Here's How to Know:

- Do you know the God who is worthy to be praised?

  "And this is eternal life, that they know you, the only true God, and Jesus Christ whom you have sent" John 17:3

- Are you pursuing the Lord right now as if He is the only one who can truly satisfy you?

  "As a deer pants for flowing streams, so pants my soul for you, O God. My soul thirsts for God, for the living God."
  Psalm 42: 1-2