

# SERMON GUIDE

## Sermon Guide What To Do When Your Back Is Against The Wall Psalm 34:1

### Introduction:

Life can sometimes press us into tight places. Trouble shows up uninvited, and we feel like we have no strength left. David, in Psalm 34, found himself in a similar situation. Hiding in a cave, with his back against the wall, David teaches us how to respond when life gets hard.

### Key Verse: Psalm 34:1

I will bless the Lord at all times; His praise shall continually be in my mouth.

### I. Personal Praise – Praise That Starts With You

- David said, 'I will bless the Lord.'
  - Praise is not a group activity first—it's a personal decision.
  - You don't need a choir or a crowd—you just need a memory.
  - Think back to when God made a way for you.
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How has God shown up for you in the past?

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What are some ways you can make praise a daily habit?

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### II. Priority of Praise – Praise That Comes First

- David said, 'I will bless the Lord at all times.'
  - Not just when life is good, but even when it's hard.
  - Praise is not based on conditions—it's based on conviction.
  - David praised God in the cave, not just in the palace.
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What is currently taking priority in your life over praise?

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How can you shift your focus from the problem to the Problem Solver?

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Ronald Session, Senior Pastor  
4702 Saturn Rd. Garland, TX 75041  
shilohgarland.org

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## III. Persistence in Praise – Praise That Won't Quit

- David said, 'His praise shall continually be in my mouth.'
  - Praise must be persistent—not just when you feel like it.
  - Don't let your mouth be a tool for negativity. Use it to glorify God.
  - Praise even when it hurts, even when you don't understand.
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What are you speaking more—fear or faith?

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What truth about God do you need to remind yourself of today?

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### Conclusion:

- So, what do you do when your back is against the wall? You praise.
- Not because everything is perfect, but because God is still present.
- Not because you have all the answers, but because you know the One who does.
- Not because life is easy, but because Jesus is enough.
- Praise is not a denial of your reality—it's a declaration of your faith.
- You might be in a cave, but you are not alone.
- The same Jesus who met David in the cave will meet you in your crisis.

### Call to Action:

Stop focusing on the wall in front of you and start focusing on Jesus who is with you.

### Final Invitation:

Come to Him.

Surrender your fear.

Lay down your shame.

Give Him your heart.

Today is the day to say yes to Jesus—not tomorrow, not next week, but right now.

When life has you backed against the wall, Jesus is the only way forward.



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