

## Lesson 5 / Psalm 34

### New International Version

Psalms 34 Of David. When he pretended to be insane before Abimelech, who drove him away, and he left.

1 I will extol the LORD at all times; his praise will always be on my lips.

2 My soul will boast in the LORD; let the afflicted hear and rejoice.

3 Glorify the LORD with me; let us exalt his name together.

4 I sought the LORD, and he answered me; he delivered me from all my fears.

5 Those who look to him are radiant; their faces are never covered with shame.

6 This poor man called, and the LORD heard him; he saved him out of all his troubles.

7 The angel of the LORD encamps around those who fear him, and he delivers them.

8 Taste and see that the LORD is good; blessed is the man who takes refuge in him.

9 Fear the LORD, you his saints, for those who fear him lack nothing.

10 The lions may grow weak and hungry, but those who seek the LORD lack no good thing.

11 Come, my children, listen to me; I will teach you the fear of the LORD.

12 Whoever of you loves life and desires to see many good days,

13 keep your tongue from evil and your lips from speaking lies.

14 Turn from evil and do good; seek peace and pursue it.

15 The eyes of the LORD are on the righteous and his ears are attentive to their cry;

16 the face of the LORD is against those who do evil, to cut off the memory of them from the earth.

17 The righteous cry out, and the LORD hears them; he delivers them from all their troubles.

18 The LORD is close to the brokenhearted and saves those who are crushed in spirit.

19 A righteous man may have many troubles, but the LORD delivers him from them all;

20 he protects all his bones, not one of them will be broken.

21 Evil will slay the wicked; the foes of the righteous will be condemned.

22 The LORD redeems his servants; no one will be condemned who takes refuge in him.

### New Living Translation

Psalms 34 A psalm of David, regarding the time he pretended to be insane in front of Abimelech, who sent him away.

1 I will praise the LORD at all times.

I will constantly speak his praises.

2 I will boast only in the LORD; let all who are discouraged take heart.

3 Come, let us tell of the LORD's greatness; let us exalt his name together.

4 I prayed to the LORD, and he answered me, freeing me from all my fears.

5 Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.

6 I cried out to the LORD in my suffering, and he heard me. He set me free from all my fears.

7 For the angel of the LORD guards all who fear him, and he rescues them.

8 Taste and see that the LORD is good. Oh, the joys of those who trust in him!

9 Let the LORD's people show him reverence, for those who honor him will have all they need.

10 Even strong young lions sometimes go hungry, but those who trust in the LORD will never lack any good thing.

11 Come, my children, and listen to me, and I will teach you to fear the LORD.

12 Do any of you want to live a life that is long and good?

13 Then watch your tongue! Keep your lips from telling lies!

14 Turn away from evil and do good.

Work hard at living in peace with others.

15 The eyes of the LORD watch over those who do right; his ears are open to their cries for help.

16 But the LORD turns his face against those who do evil; he will erase their memory from the earth.

17 The LORD hears his people when they call to him for help. He rescues them from all their troubles.

18 The LORD is close to the brokenhearted; he rescues those who are crushed in spirit.

19 The righteous face many troubles, but the LORD rescues them from each and every one.

20 For the LORD protects them from harm— not one of their bones will be broken!

21 Calamity will surely overtake the wicked, and those who hate the righteous will be punished.

22 But the LORD will redeem those who serve him. Everyone who trusts in him will be freely pardoned.

## Amplified Bible

Psalms 34[A Psalm] of David; when he pretended to be insane before Abimelech, who drove him out, and he went away.

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

2 My life makes its boast in the Lord; let the humble *and* afflicted hear and be glad.

3 O magnify the Lord with me, and let us exalt His name together.

4 I sought (inquired of) the Lord *and* required Him [of necessity and on the authority of His Word], and He heard me, and delivered me from all my fears.

5 They looked to Him and were radiant; their faces shall never blush for shame *or* be confused.

6 This poor man cried, and the Lord heard him, and saved him out of all his troubles.

7 The Angel of the Lord encamps around those who fear Him [who revere and worship Him with awe] and each of them He delivers.

8 O taste and see that the Lord [our God] is good! Blessed (happy, fortunate, to be envied) is the man who trusts *and* takes refuge in Him.

9 O fear the Lord, you His saints [revere and worship Him]! For there is no want to those who truly revere *and* worship Him *with* godly fear. 10 The young lions lack food and suffer hunger, but they who seek (inquire of and require) the Lord [by right of their need and on the authority of His Word], none of them shall lack any beneficial thing.

11 Come, you children, listen to me; I will teach you to revere *and* worshipfully fear the Lord. 12 What man is he who desires life *and* longs for many days, that he may see good?

13 Keep your tongue from evil and your lips from speaking deceit.

14 Depart from evil and do good; seek, inquire for, *and* crave peace and pursue (go after) it! 15 The eyes of the Lord are toward the [uncompromisingly] righteous and His ears are open to their cry.

16 The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth.

17 When the *righteous* cry for help, the Lord hears, and delivers them out of all their distress *and* troubles.

18 The Lord is close to those who are of a broken heart and saves such as are crushed with sorrow for sin *and* are humbly *and* thoroughly penitent.

19 Many evils confront the [consistently] righteous, but the Lord delivers him out of them all.

20 He keeps all his bones; not one of them is broken.

21 Evil shall cause the death of the wicked; and they who hate the just *and* righteous shall be held guilty *and* shall be condemned.

22 The Lord redeems the lives of His servants, and none of those who take refuge *and* trust in Him shall be condemned *or* held guilty.

## The Message

Psalm 34: A DAVID PSALM, WHEN HE OUTWITTED ABIMELECH AND GOT AWAY.

1 I bless GOD every chance I get; my lungs expand with his praise.

2 I live and breathe GOD; if things aren't going well, hear this and be happy:

3 Join me in spreading the news; together let's get the word out.

4 GOD met me more than halfway, he freed me from my anxious fears.

5 Look at him; give him your warmest smile. Never hide your feelings from him.

6 When I was desperate, I called out, and GOD got me out of a tight spot.

7 GOD'S angel sets up a circle of protection around us while we pray.

8 Open your mouth and taste, open your eyes and see—how good GOD is.

Blessed are you who run to him.

9 Worship GOD if you want the best; worship opens doors to all his goodness.

10 Young lions on the prowl get hungry, but GOD seekers are full of God.

11 Come, children, listen closely; I'll give you a lesson in GOD worship.

12 Who out there has a lust for life? Can't wait each day to come upon beauty?

13 Guard your tongue from profanity, and no more lying through your teeth.

14 Turn your back on sin; do something good. Embrace peace—don't let it get away!

15 GOD keeps an eye on his friends, his ears pick up every moan and groan.

16 GOD won't put up with rebels; he'll cull them from the pack.

17 Is anyone crying for help? GOD is listening, ready to rescue you.

18 If your heart is broken, you'll find GOD right there; if you're kicked in the gut, he'll help you catch your breath.

19 Disciples so often get into trouble; still, GOD is there every time.

20 He's your bodyguard, shielding every bone; not even a finger gets broken.

21 The wicked commit slow suicide; they waste their lives hating the good.

22 GOD pays for each slave's freedom; no one who runs to him loses out.