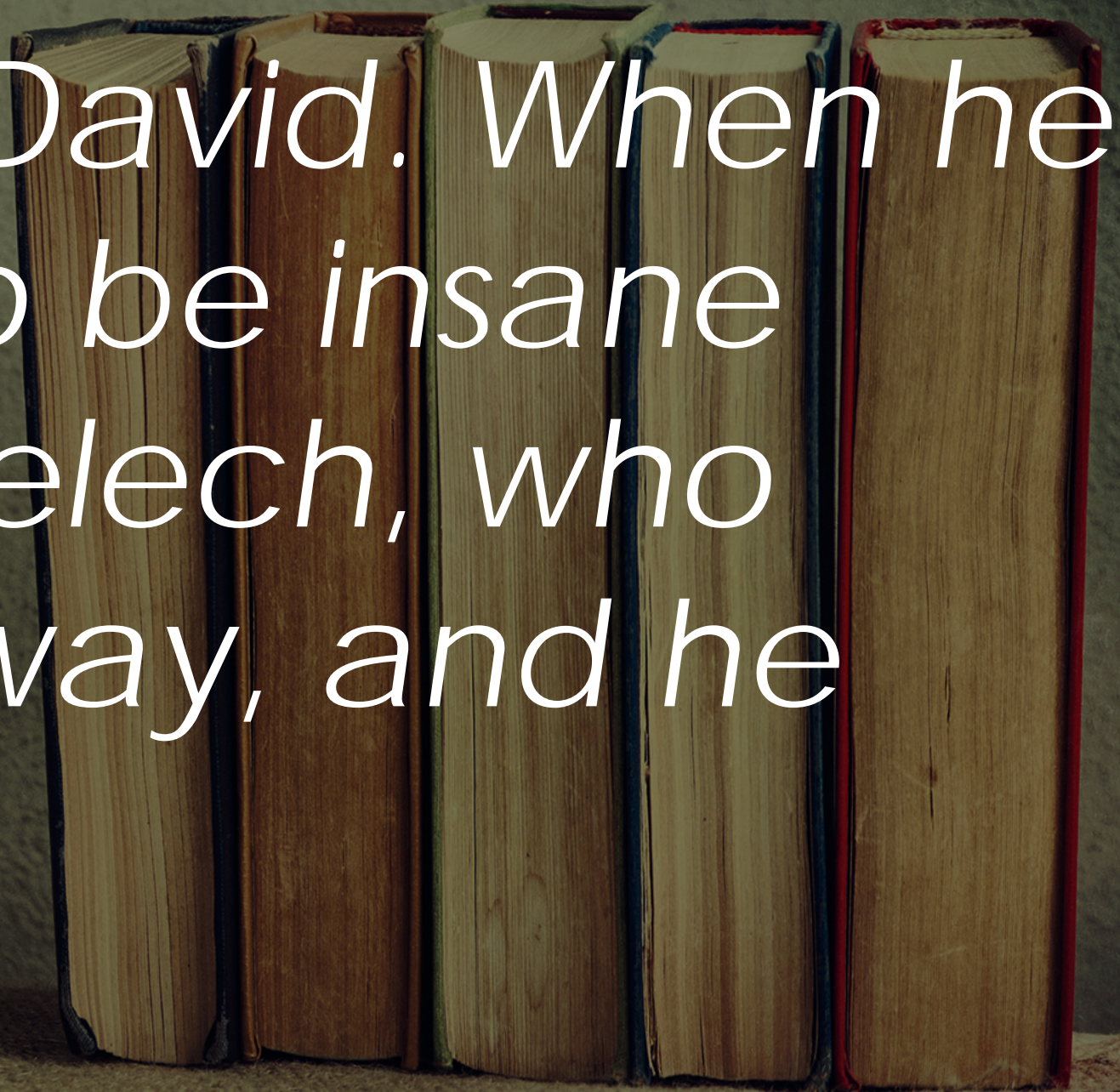


YOUR FAVORITE
PSALM

When Disappointment Hits
Psalm 34



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

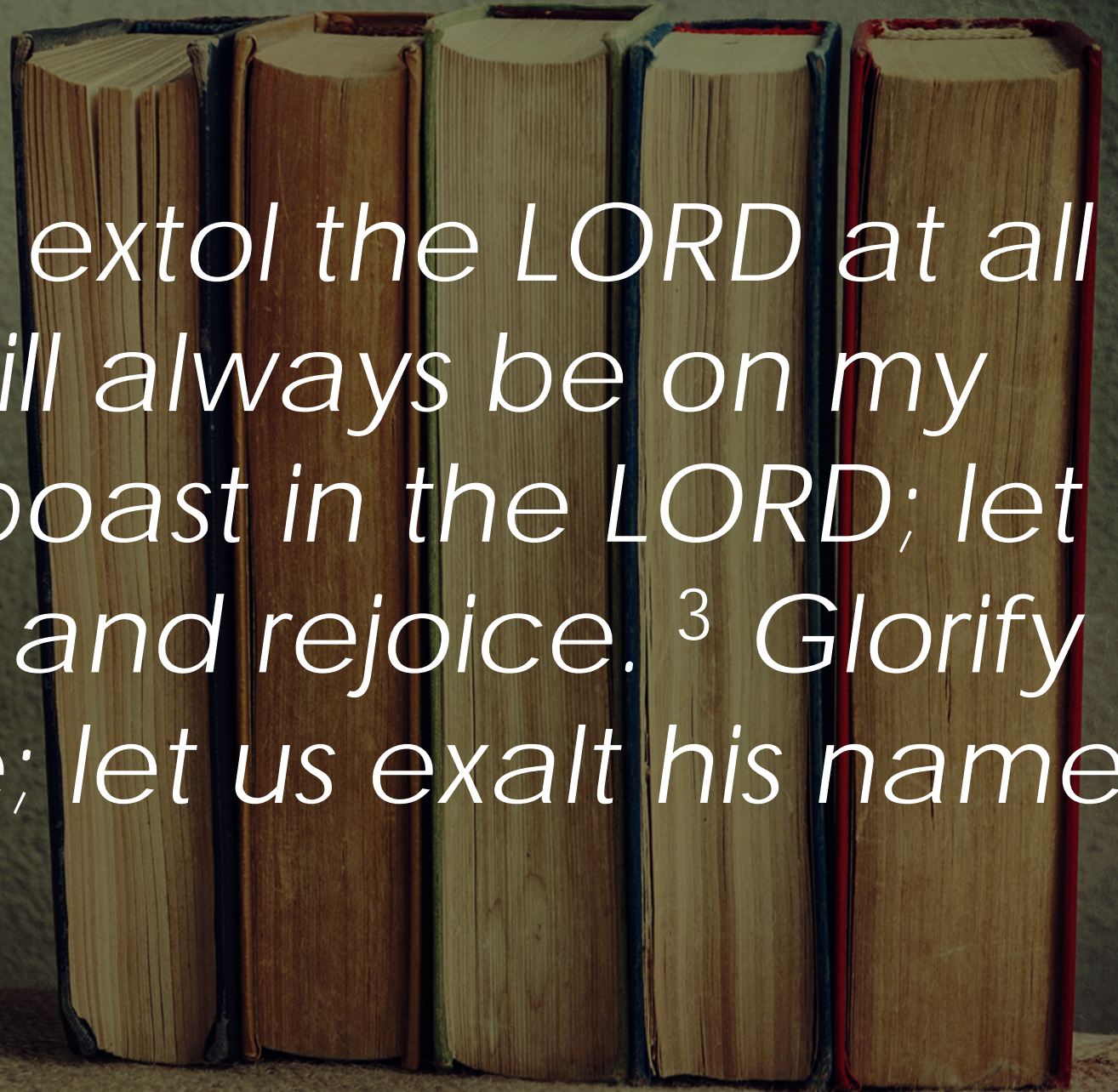


WHAT TO DO WHEN DISAPPOINTMENT HITS:

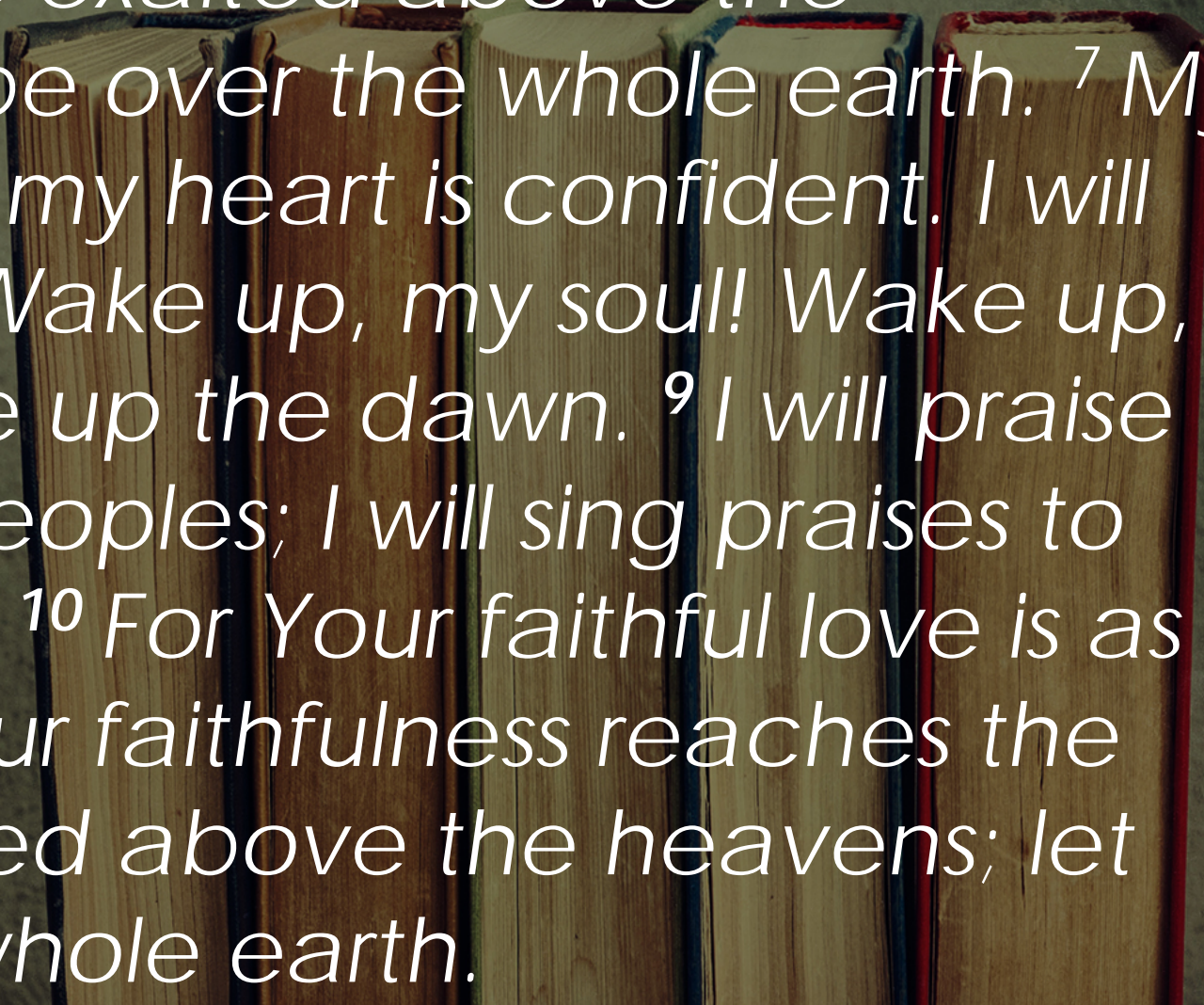


1. PRAISE

Psalm 34:1-3 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.



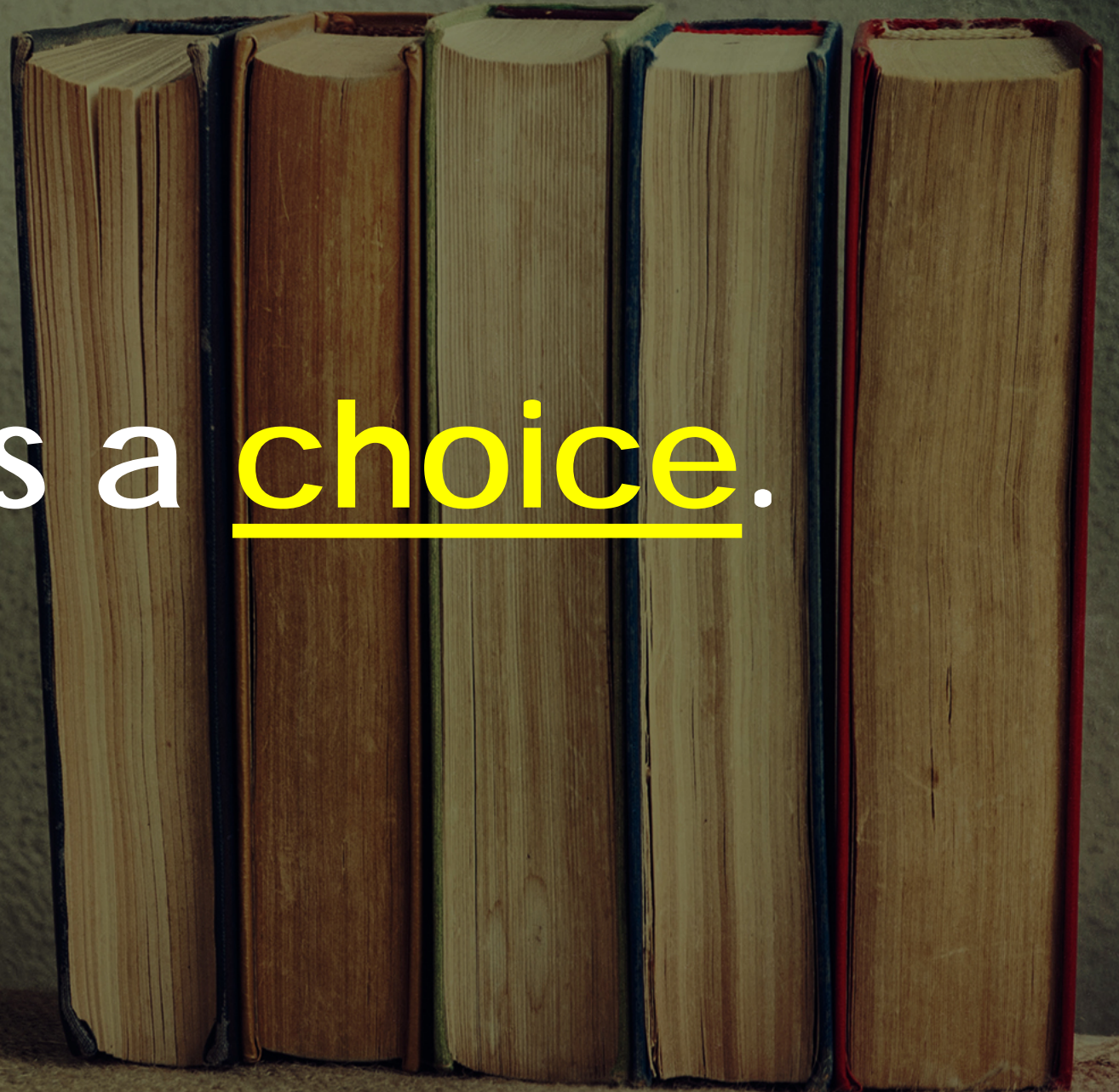
Psalm 57:5,7-11 God, be exalted above the heavens; let Your glory be over the whole earth. ⁷ My heart is confident, God, my heart is confident. I will sing; I will sing praises. ⁸ Wake up, my soul! Wake up, harp and lyre! I will wake up the dawn. ⁹ I will praise You, Lord, among the peoples; I will sing praises to You among the nations. ¹⁰ For Your faithful love is as high as the heavens; Your faithfulness reaches the clouds. ¹¹ God, be exalted above the heavens; let Your glory be over the whole earth.



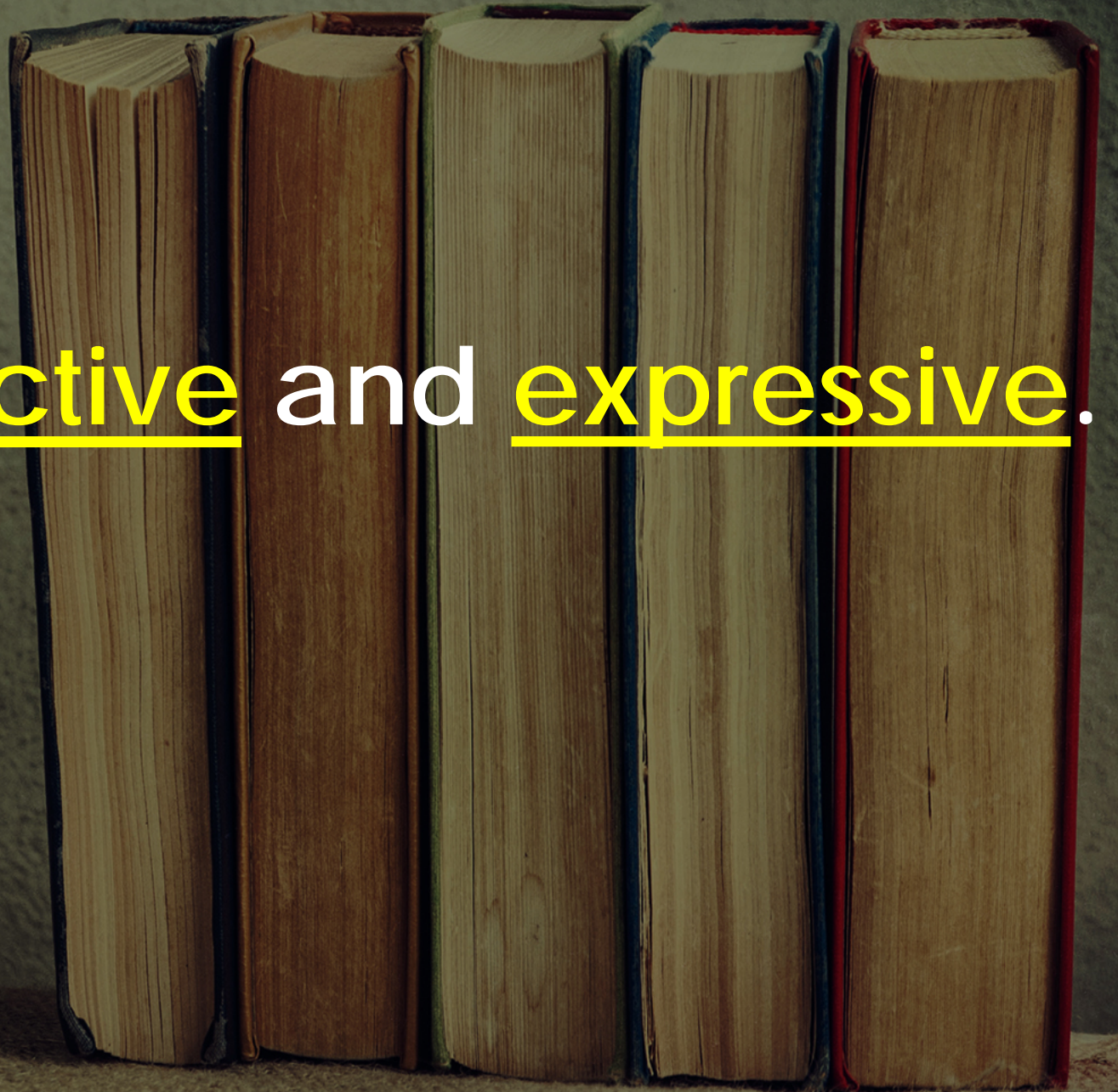
a. Praise changes our perspective.



b. Praise is a choice.

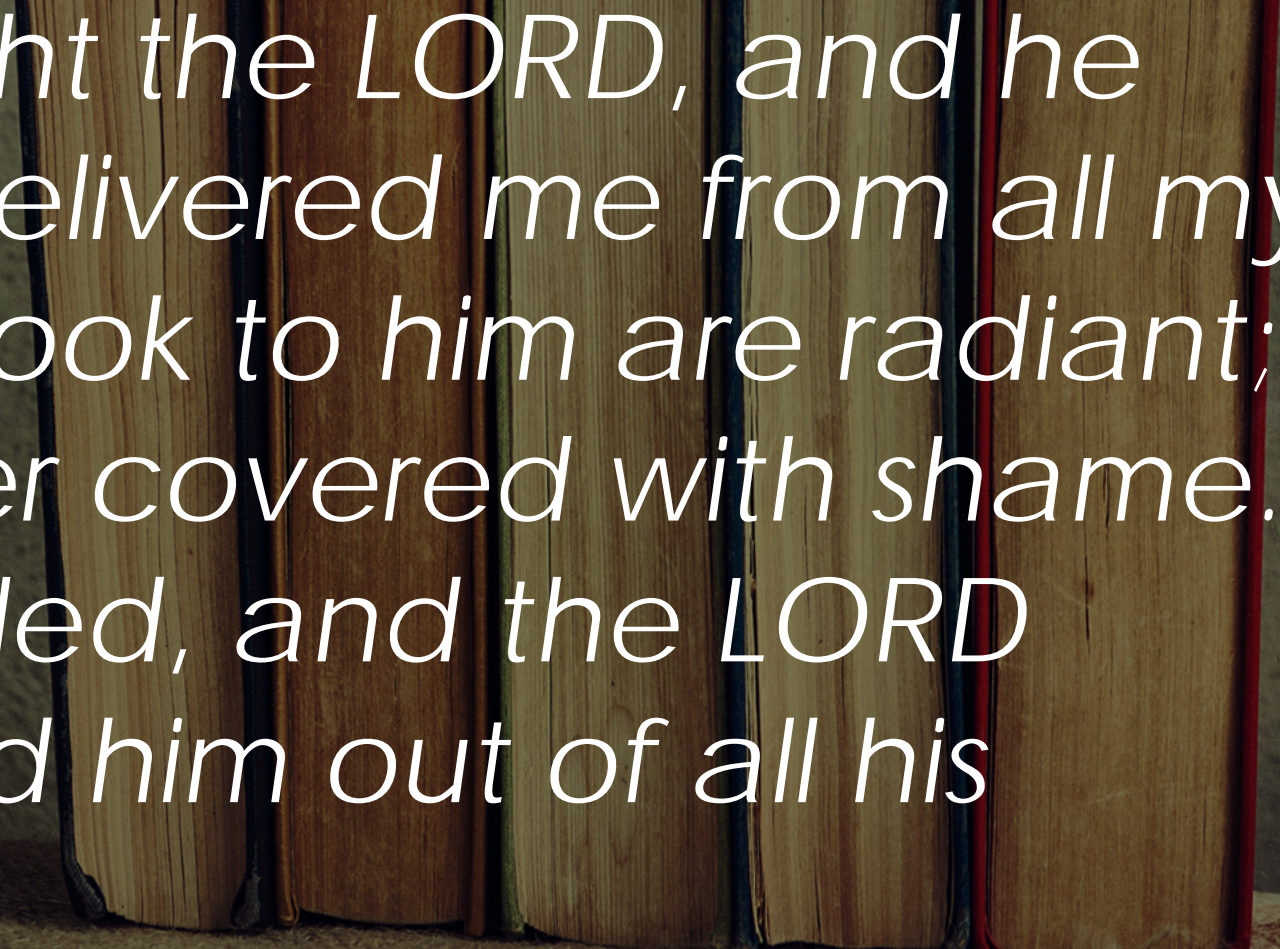


c. Praise is very active and expressive.



2. PRAY

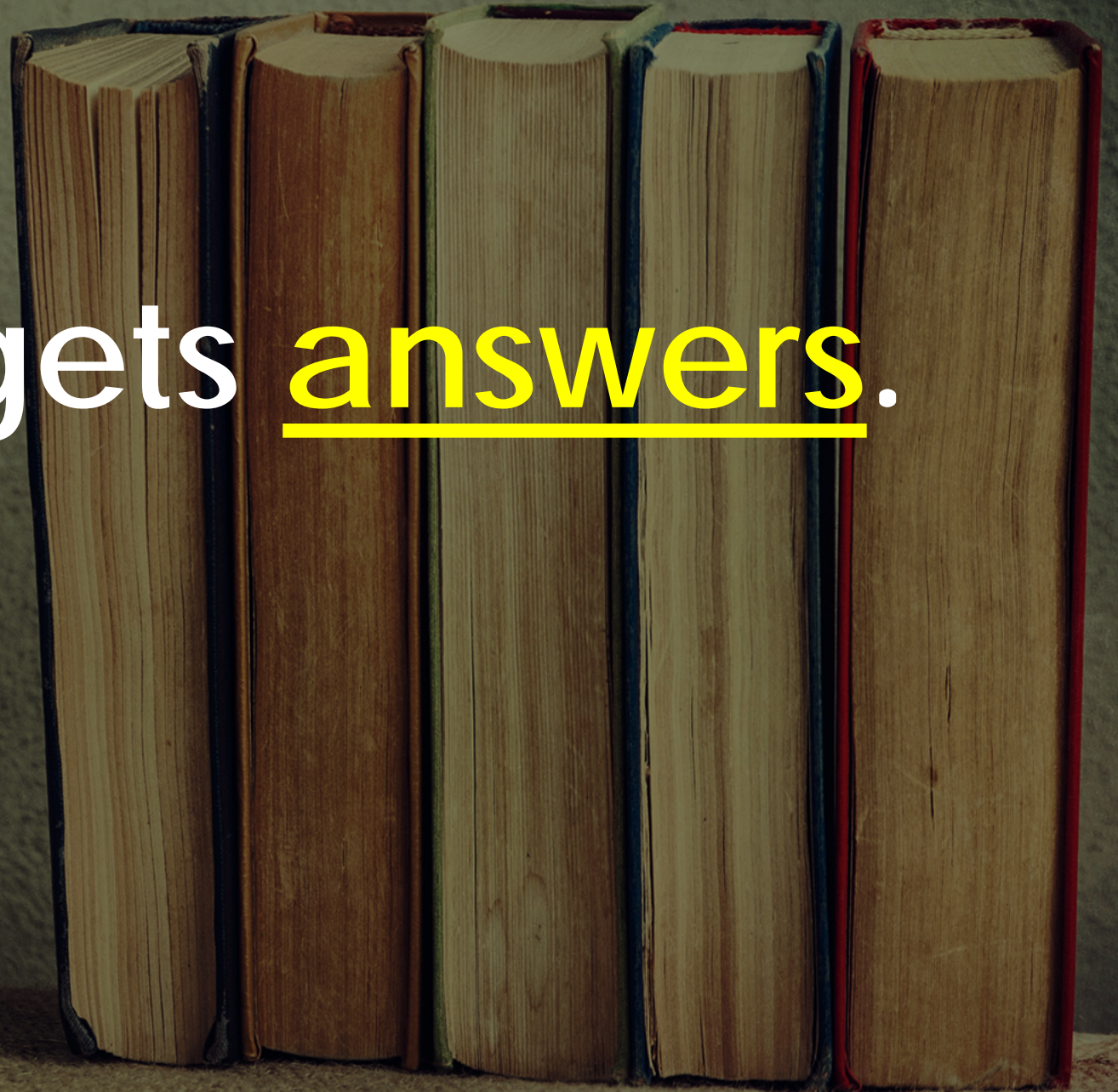
Psalm 34:4-6 *I sought the LORD, and he answered me; he delivered me from all my fears. ⁵ Those who look to him are radiant; their faces are never covered with shame. ⁶ This poor man called, and the LORD heard him; he saved him out of all his troubles.*

Five old, thick books with worn spines and pages are standing upright on a wooden surface. The books are of various colors, including brown, blue, and red. The background is a textured, light-colored wall.

a. Prayer prevents worry.



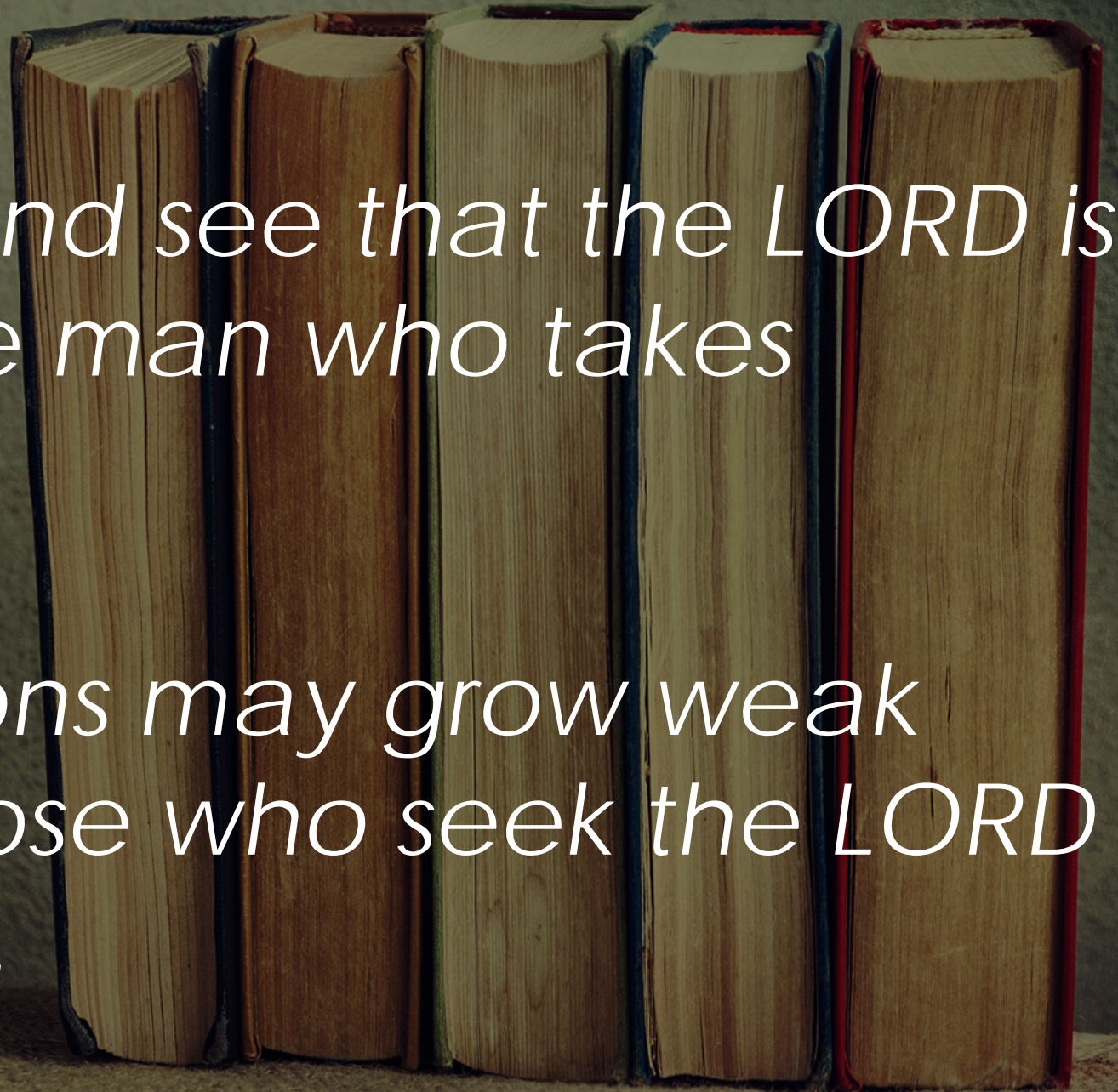
b. Prayer gets answers.



3. PURSUE

Psalm 34:8 *Taste and see that the LORD is good; blessed is the man who takes refuge in him.*

Psalm 34:10 *The lions may grow weak and hungry, but those who seek the LORD lack no good thing.*



4. PRACTICE RIGHT LIVING.

Psalm 34:7, 9 *The angel of the LORD encamps around those who fear him, and he delivers them...⁹ Fear the LORD, you his saints, for those who fear him lack nothing.*

Psalm 34:11 *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.*

5. PATIENTLY TRUST.



a. GOD SEES AND LISTENS.

Psalm 34:15 *The eyes of the
LORD are on the righteous and
his ears are attentive to their
cry*



b. GOD IS WORKING TO FULFILL HIS PURPOSE.

*Psalm 57:2-3 I call to God Most High, to
God who fulfills His purpose for me. ³ He
reaches down from heaven and saves
me, challenging the one who tramples
me. Selah God sends His faithful love and
truth.*

c. GOD DELIVERS AND PROTECTS US.

Psalm 34:17 *The righteous cry out, and the LORD hears them; he delivers them from all their troubles.*

Psalm 34:19 *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.*

d. GOD GETS CLOSE AND CARRIES US.

Psalm 34:18 *The LORD is close to
the brokenhearted and saves
those who are crushed in spirit.*