

Day Five

Psalm 34

Are You Needlessly Suffering Alone?



Have you ever wondered where God was in the midst of difficult situation?

Let's go to God in prayer; Heavenly Father, Jesus said He would never leave us or forsake us, but sometimes I still choose to walk through things in my own strength. Please help me to humble myself and ask for your help, because I know you never want me to go through tough times on my own. I ask this in the name and in the authority of your son, Jesus Christ, amen.

When we find ourselves in tough times, how often do we waste precious time and energy asking what or why? "What did I do to deserve this?", "Why is this happening to me?", or "Why did God let this happen?" All too often, we feel the need to understand or control life's circumstances; this is not the life of faith. Faith does not always need to understand, it simply trusts in God. It is never our circumstances; it is always our response. If we react to the circumstances, it is because we refused to find, or even acknowledge God in the midst of them. As we are reading Psalm 34, take a moment to meditate on verses 18-20. Realize that you need not ever suffer alone again.



[For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You are welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.](#)

Psalm 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 helpless 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. He freed 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 In my desperation I prayed, and the Lord listened; he saved me from all my troubles. ⁷ For the angel of the Lord is a guard; he surrounds and defends all who fear him. ⁸ Taste and see that the Lord is good. Oh, the joys of those who take refuge in him! ⁹ Fear the Lord, you his godly people, for those who fear him will have all they need. ¹⁰ Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing. ¹¹ Come, my children, and listen to me, and I will teach you to fear the Lord. ¹² Does anyone want to live a life that is long and prosperous? ¹³ Then keep your tongue from speaking evil and your lips from telling lies! ¹⁴ Turn away from evil and do good. Search for peace, and work to maintain it. 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 whose spirits are crushed. ¹⁹ The righteous person faces many troubles, but the Lord comes to the rescue each time. ²⁰ For the Lord protects the bones of the righteous; not one of them is broken! ²¹ Calamity will surely destroy the wicked, and those who hate the righteous will be punished. ²² But the Lord will redeem those who serve him. No one who takes refuge in him will be condemned. ¹

¹ Tyndale House Publishers. (2013). [Holy Bible: New Living Translation](#) (Ps 34). Carol Stream, IL: Tyndale House Publishers.