

“Love Lifted Me Recovery Ministries”

Favorite Psalms Bible Study - Part 1

Psalm 34:12-22

Lesson #10

**INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Most Scriptures are from the New King James Version.

12-14 Who is the man who **DESIRES LIFE**, and loves **MANY** days, that he may **SEE GOOD**? **Keep your TONGUE from EVIL, and your lips from SPEAKING guile. DEPART from EVIL, and do GOOD; seek PEACE** and pursue it.

• **John 10:10** “The thief (Satan) does not come except to _____, and to _____ and to _____. I have come that they may have _____, and that they may have it more _____.”

• **James 3:17-18** “But the wisdom that is from above (from God) is first pure, then _____, _____, willing to yield (humble, submissive), full of _____ and good _____, without partiality and _____ hypocrisy. Now the _____ of righteousness is sown in _____ by those who make _____.”

Definition: “Who DESIRES LIFE, and loves MANY days, that he may SEE GOOD” – This is the same as what Jesus said He would give us when He said, **“That they may have LIFE, and have it MORE ABUNDANTLY.”** Jesus is NOT speaking about MATERIAL abundance or financial prosperity, but about SPIRITUAL blessings and abundance. God does promise to supply all our physical needs, but the most important things are the things of the Spirit, such blessings as forgiveness, eternal life in heaven, and a relationship with God Himself. Here is Psalm 34, we see a “formula” for having this abundant life, and it consists of several things, but **the bottom line is OBEDIENCE to GOD.**

• **Matthew 7:24-27** “Therefore, whoever _____ these sayings of Mine, and _____ them, I will liken him to a _____ man who built his house on the rock; and the rain descended, the floods came, and the winds blew and beat on that house; and it did _____, for it was founded on the _____. Now everyone who _____ these sayings of Mine, and does _____ them, will be like a _____ man who built his house on the sand; and the rain descended, the floods came, and the winds blew and beat on that house; and it _____. And _____ was its _____.”

• **Deuteronomy 28:1-3** “Now it shall come to pass, if you diligently _____ the voice of the Lord your God, to _____ carefully _____ His commandments which I command you today, that the Lord your God will set you on high above all nations of the earth. And _____ these _____ shall come upon you, and overtake you, because you _____ the voice of the Lord your God. _____ shall you be in the city, and _____ shall you be in the country.”

Definition: “Keep your TONGUE from EVIL, and your lips from SPEAKING guile” – This is one of the steps or **parts of the formula for the abundant life** that God desires us to have. We **MUST** learn to control our mouth and the words that we say. We **MUST** turn away from all evil speaking, negative speaking, angry words and bitterness. A perverse mouth (Proverbs 8:13) is one of the things **GOD HATES!!** Perverse means “turned away from, or **opposing what is right or good; CORRUPT; improper, stubborn, obstinate.**”

• **Ephesians 4:29** “Let no _____ proceed out of your

_____ , but what is _____ for necessary edification, that it may impart grace to the hearers.”

• **Colossians 4:6** “Let your _____ always be with _____, seasoned with salt, that you may know how you ought to _____ each one.”

• **Psalms 39:1** “I said, ‘I will _____ my ways, lest I _____ with my _____; I will restrain my _____ with a muzzle, while the wicked are before me.’”

• **Proverbs 8:13** “The fear of the Lord is to hate _____; _____ and _____ and the evil way and the _____ I hate.”

• **Ephesians 4:31** “Let all _____, wrath, _____, clamor, and all _____ be put _____ from you, with all malice.”

• **Colossians 3: 8-9** “But now you also must _____ all these: _____, _____, _____, blasphemy, _____ out of your _____. Do not _____ to one another, since you have _____ the _____ with his deeds.”

Definition: “Do GOOD; seek PEACE” – This is another part of the “formula” for the good life that God would give to us. The opposite of peace is strife and bitterness. Bitterness hurts MANY MORE people than just the one who is bitter. Many family dysfunctions and generational sins begin as a ROOT of BITTERNESS in someone’s life, which then passes down to their families in the form of more DYSFUNCTIONS, ADDICTIONS, and other problems.

• **Hebrews 12:14-15** “Pursue _____ with all men, and holiness, without which no one will see the Lord; looking diligently lest anyone fall short of the grace of God; lest any root of _____ springing up cause _____, and by this many become _____.”

• **Philippians 4:5-9** “Let your _____ be known to all men. The Lord is at hand. Be _____ for _____, but in everything by _____ and supplication, with _____, let your _____ be made known to God; and the _____ of God, which surpasses all understanding, will _____ your hearts and minds through Christ Jesus. Finally, brethren, whatever things are _____, whatever things are _____, whatever things are _____, whatever things are _____, whatever things are of _____ report, if there is any virtue and if there is anything praiseworthy – meditate on these things. The things which you learned and received and heard and saw in me, these do, and the God of _____ will be with you.”

• **Isaiah 26:3** “You will keep him in perfect _____, whose mind is stayed (focused) on _____.”

• **John 14:27** “_____ I leave with you. My _____ I give to you; not as the world gives do I give to you. Do not _____ your _____ be _____, neither _____ it be _____.”

• **Ephesians 1:3** “Blessed be the God and Father of our Lord Jesus Christ, who has _____ us with every _____ blessing in heavenly places in _____.”

15-18 **The EYES of the Lord are on the righteous, and His ears are OPEN to their CRY.** The face of the Lord is against those who do evil, to cut off the remembrance of them from the earth. The righteous cry out, and the Lord hears, and delivers them out of all their troubles. **The Lord is near to those who have a BROKEN HEART,** and saves such as **have a CONTRITE SPIRIT.**

• **Isaiah 57:14-21** “And it shall be said, ‘Build up, build up, prepare the way, remove every obstacle out of the way of My _____.’ For thus says the High and

Exalted One who lives forever, whose name is Holy, 'I dwell on a high and holy place, and also with the _____ and lowly (humble) of _____, in order to revive the _____ of the _____. For I will not contend forever, neither will I always be angry; for the spirit would grow faint before Me, and the breath (soul) of those whom I have made."

• **Psalm 51:16-17** "For you do not _____ sacrifices, or else I would give it; You do not _____ in burnt offering. The sacrifices of God are a _____, a _____ and a contrite _____ - these, O God, You will not despise."

Definition: "The EYES of the Lord are on the RIGHTEOUS, and His EARS are OPEN to their CRY"

- The first prayer of an unsaved "sinner" that God hears is the prayer for SALVATION, when that sinner cries out to God to SAVE him from his sins. After a person ACCEPTS Jesus Christ as his or her Savior, that person is **NO LONGER** considered a "sinner" by God, but God sees that one as His son or daughter, and as "the righteousness of God in Christ Jesus" (II Corinthians 5:21).

• **II Chronicles 16:9** "For the _____ of the _____ run to and fro throughout the whole _____, to show Himself strong on behalf of those whose _____ is _____ to Him."

• **Luke 18:13-14** "And the tax collector, standing afar off, would not so much as raise his eyes to heaven, but beat his breast, saying, 'God be _____ to me a _____!' 'I tell you, this man went down to his house _____ rather than the other; for everyone who _____ himself will be abased (put down, humbled), and he who _____ himself will be _____."

• **John 9:31** "Now we know that God does _____ sinners; but if anyone is a _____ of _____ and _____ His _____, He _____ him."

• **Isaiah 59:1-2** "Behold, the Lord's hand is not so short that it cannot save; neither is His ear so dull that it cannot _____, but your iniquities (sins) have made a _____ between you and your God, and your _____ have hid His face from you, so that He does not _____."

• **Psalm 66:18** "If I regard iniquity in my _____, the Lord will not _____. But certainly God has _____ me; He has attended to the voice of my _____."

• **Proverbs 15:29** "The Lord is _____ from the _____, but He _____ the _____ of the _____."

Definition: "The Lord is NEAR to those who have a BROKEN HEART" - A BROKEN and a CONTRITE HEART or spirit is something that God will accept. **Contrite means having grief, remorse or deep sorrow for having done wrong, and especially sorrow for having offended God.** Isaiah 57:15 says, "For thus says the High and Exalted One who lives forever, whose name is Holy, 'I dwell on a high and holy place, and also with the **CONTRITE and lowly of spirit (humble)**, in order to revive the HEART of the contrite." If you want to have a close relationship with the Lord, and "dwell with Him in a high and holy place," you MUST come to a place where you **HUMBLE yourself before Him**, and weep and mourn for the awfulness of your sin. You must come to God with a broken heart, not with PRIDE and arrogance, or rationalizing your sins. **This MOURNING and WEEPING will NOT last forever, as God desires to "REVIVE the heart of the contrite" (the one who is sorry for their sins)**, and Jesus said He came to "HEAL the broken hearted." There is much JOY in the Christian life, but only after you have come to God with a broken and contrite spirit, draw NEAR to Him, and THEN He will lift you up (exalt you), heal you, and give you His joy.

• **Luke 4:18** "He has sent Me to heal the _____, to

preach deliverance to the captives, recovering of sight to the blind, and to set at liberty those who are _____.”

•**Matthew 5:3-4** “Blessed are the _____ in _____ (humble), for theirs is the kingdom of heaven. Blessed are those who _____, for they shall be _____.”

19-22 Many are the afflictions of the righteous, but **the Lord DELIVERS him OUT of them ALL**. He guards all his bones; not one of them is broken. Evil shall slay the wicked, and those who hate the righteous shall be condemned. The Lord redeems the soul of His servants, and none of those who trust in Him shall be condemned.

•**Psalm 103:2-5** “Bless the Lord, O my soul, and forget not all His _____; who _____ all your iniquities, who _____ all your diseases, who _____ you life from destruction, who crowns you with _____ and tender _____, who satisfies your mouth with _____ things, so that your youth is renewed like the eagle’s.”

•**Psalm 23:1-3** “The _____ is my _____; I shall not want (be in need, lack anything). He makes me to lie down in _____ pastures; He leads me beside the still (peaceful) waters. He _____ my soul; He leads me in the paths of righteousness for His name’s sake.” (Verse 6) “Surely _____ and _____ shall follow me all the days of my life; and I will dwell in the house of the Lord forever.”

Definition: “The Lord DELIVERS him OUT of them ALL” – God never promises that we will not have troubles, problems, trials and tribulations in life, but **He does promise that He will bring us through them all safely**. When Jesus says that He has “overcome the world,” part of the meaning in the original Greek is “I have deprived it of power to harm you.” The storm may be raging all around you, but you are SAFE in Jesus. **He has deprived that situation of whatever harm it might have done you**. You may think it is harming you while you’re going through it, but because God is causing ALL things to work together for your good, and to make you more like Christ (Romans 8:28-29), it is actually working for your eternal benefit, not harm. Because God is all-knowing, all-powerful, all-loving, and all-wise, we can TRUST HIM to know what He is doing when He ALLOWS certain things to happen in our lives. Does that include the “bad” things that happen in our lives that are the CONSEQUENCES of our own actions - our wrong choices and sins? Yes, the Lord loves us enough to even **work these things for our GOOD**, if we will let Him.

Psalm 91:2-3 “I will say of the Lord, He is my refuge and my fortress: my God; in Him will I trust. Surely He shall _____ you from the snare (trap) of the fowler (Satan), and from the _____ pestilence.”

•**John 16:33** “These things I have spoken to you, that in _____ you may have _____ . In the _____ you will have _____; but be of good cheer, I have _____ the world.”

•**Psalm 91:14-15** :”Because he has set his love upon Me, therefore I will _____ him; I will set him on high, because he has known My name. He shall call upon Me, and I will answer him; I will be _____ him in _____; I will _____ him and honor him.”

•**Romans 8:28-29** “And we know that _____ things _____ together for _____ to those who _____, to those who are the called according to His _____. For whom He foreknew, He also predestined to be _____ to the _____ of His Son.....”

•**Psalm 37:23-24** “The _____ of a good man are _____ by the Lord,

and He _____ in his way. Though he _____, he shall _____ be
utterly (completely, finally) cast down; for the Lord _____ him with His hand.”