# Seeking God First: Lessons from Psalm 34



Explore God's provision and protection through Psalm 34, learning why seeking Him first is essential for a fulfilled life.





#### Table of contents

Introduction	3
Day 1: J The Blessing of Seeking God	4
<u>Day 2: ★ Taste and See God's Goodness</u>	10
Day 3: O God's Protection in Trials	16
<u>Day 4: V Living Righteously Before God</u>	22
Day 5: X Radiance from God's Presence	28
<u>Day 6: ♥ God Hears the Brokenhearted</u>	34
Day 7: 1 Living a Life of Thanksgiving	40







#### Introduction

Welcome to this transformative 7-day journey through *Psalm 34*, a powerful passage that reveals the blessings and assurance of seeking God first in our daily lives. In today's fast-paced world, the call to prioritize God above all else is more vital than ever. Through this study, we will unpack how David's heartfelt psalm encourages us to turn to God in every circumstance, trust His provision, and experience His peace.

Psalm 34 gently reminds us that when we seek the Lord, we lack no good thing. It invites us to taste and see how good God is, promising that those who look to Him are radiant and never ashamed. This Psalm is not only a song of praise but also a guide that reveals God's faithfulness and protection for those who earnestly seek Him. Throughout these seven days, we will meditate on the encouragement to fear the Lord, live righteously, and trust Him wholeheartedly.

Seeking God first means placing Him at the center of our hearts and decisions, cultivating a relationship that transforms our perspective on life's challenges. Whether you're facing uncertainty, stress, or daily routine, this study will refresh your spirit and deepen your faith. Together, we will discover how Psalm 34's timeless truths apply to our lives, inspiring us to live with hope, boldness, and confidence in God's care.

Let's embark on this study with open hearts, ready to receive God's word and experience the rich blessings that come from seeking Him first!

















#### Your Verse

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

#### **Supporting Scriptures**

- Matthew 6:33 "But seek first his kingdom and his righteousness, and all these things will be given to you as well."
- Jeremiah 29:13 "You will seek me and find me when you seek me with all your heart."







#### Devotional: God's Promise: Lack No Good Thing

**Psalm 34:10** reminds us about the incredible promise that those who seek the Lord will not lack any good thing. This verse paints a vivid contrast between the natural world's struggles and our spiritual provision when we intentionally pursue God. In a world full of uncertainties, Jesus' words in *Matthew 6:33* echo this truth by assuring us that seeking God's kingdom first aligns our priorities and invites God's provision into our lives.

What does it mean to *seek God*? It means to deliberately turn our focus to Him through prayer, reading the Word, and living in obedience. This seeking is not casual; it is wholehearted, as Jeremiah 29:13 emphasizes. When we pursue God sincerely, we are promised more than just material blessings—our deepest needs, including peace, joy, and purpose, are met.

Today, reflect on your own priorities. Are there areas where God should come first? Remember, seeking God isn't just about gaining blessings, but about deepening your relationship with the One who loves you unconditionally.







### Reflect and Apply

1.	What does it look like practically in your life to seek God first?
2.	How have you experienced God's provision when you prioritized Him?
	Are there areas where you feel you are relying more on worldly resources than God?







### **Journaling Prompts**

1.	List three ways you can seek God more intentionally this week.
2.	Describe a time when seeking God first changed an outcome for you.
3.	Write about any fears or doubts you have about trusting God fully.







### Prayer for Today

**Dear Lord,** I come before You today acknowledging that You are the source of every good thing. Help me to seek You with all my heart and trust in Your provision even when I cannot see the way. Teach me to put You first in every decision and to rest in Your faithfulness. May Your peace fill my heart as I draw closer to You. In Jesus' name, *amen*.  $\bigwedge$ 

















#### Your Verse

Psalm 34:8 - "Taste and see that the Lord is good; blessed is the one who takes refuge in him."

#### **Supporting Scriptures**

- John 6:35 "Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry...'"
- Psalm 19:10 "They are more precious than gold... sweeter also than honey and the drippings of the honeycomb."







### Devotional: Experiencing the Sweetness of God

Psalm 34:8 invites us to **taste and see** the Lord's goodness. This is a sensory expression, suggesting that experiencing God deeply is not just intellectual but heartfelt and personal. Like savoring delicious food, knowing God's presence brings satisfaction and delight to our souls.

Jesus declared Himself the bread of life (John 6:35), promising spiritual nourishment for those who come to Him. When we seek God, we find a daily source of sustenance that satisfies more than hunger—it fulfills our hearts' longings and heals our wounds. The psalmist compares God's words and blessings to sweetness, emphasizing the joy that comes from trusting Him.

To take refuge in God means to find safety and rest under His protection. In a world of challenges, embracing God's goodness brings peace and confidence. As you meditate on this, consider how you can actively 'taste' God's presence through worship, prayer, and obedience.







### Reflect and Apply

1.	How have you tasted God's goodness in your life recently?
2.	What does taking refuge in God mean during difficult times?
3.	In what ways can you draw near to God to experience His presence daily?







### **Journaling Prompts**

	Write about a moment when God's presence felt sweet or comforting to you.
2.	Identify actions you can take to 'taste and see' God's goodness this week.
3.	Reflect on how God has been a refuge for you in past struggles.







### Prayer for Today

**Gracious Father,** thank You for Your unfailing goodness that satisfies my soul. Help me to taste and see Your love anew each day. When I face hardships, may I remember to take refuge in You and rest under Your mighty wings. Fill my heart with joy as I experience Your presence. In Jesus' name, *amen*.

















#### Your Verse

Psalm 34:7 - "The angel of the Lord encamps around those who fear him, and he delivers them."

#### **Supporting Scriptures**

- Psalm 91:11 "For he will command his angels concerning you to guard you in all your ways."
- Isaiah 41:10 "Do not fear, for I am with you; do not be dismayed, for I am your God."







#### Devotional: Divine Protection for God's Children

David's assurance in Psalm 34:7 reveals a powerful image: God's angelic protection surrounds those who fear Him. This divine encampment declares that God actively guards His people against harm, delivering them from danger.

In life's challenges—whether spiritual battles or physical difficulties—this promise reminds us we are never alone. Psalm 91:11 confirms that God commands His angels to watch over us. Our part is to walk in reverent fear and trust, aligning our lives with His will.

Isaiah 41:10 encourages us not to fear because God is with us. When seeking God first, we may not avoid all trials, but we gain His protection and strength to overcome. Reflect on the comfort in knowing that God's presence and guardianship surround your life daily.







### Reflect and Apply

1.	How does knowing God's protection affect your fear or anxiety?
2.	In what ways can you grow in reverence (fear) of the Lord?
3.	Can you recall a time God delivered you from a difficult situation?
3.	Can you recall a time God delivered you from a difficult situation?







### **Journaling Prompts**

1.	Write about a challenge where you experienced God's protection.
2.	List specific ways you can cultivate a holy fear of the Lord.
3.	Journal your fears and surrender them to God in prayer.







### **Prayer for Today**

Heavenly Father, thank You for surrounding me with Your protective care. When I feel afraid or vulnerable, remind me that Your angels watch over me. Teach me to fear You rightly and trust Your deliverance in every situation. Strengthen me to walk boldly under Your shield of protection. In Jesus' name, amen. ()

















Day 4: V Living Righteously Before God

#### Your Verse

Psalm 34:14 - "Turn from evil and do good; seek peace and pursue it."

#### **Supporting Scriptures**

- Micah 6:8 "What does the Lord require of you? To act justly and to love mercy and to walk humbly with your God."
- Romans 12:21 "Do not be overcome by evil, but overcome evil with good."







Day 4: V Living Righteously Before God

#### Devotional: Pursuing a Life of Righteousness

Psalm 34:14 calls believers to active holiness: turning from evil, doing good, and seeking peace. This verse highlights that seeking God first transforms not only our hearts but also our actions toward righteousness and harmony.

Micah 6:8 vividly depicts God's requirements—justice, mercy, and humility. These characterize a life aligned with God's will, reflecting His nature. Pursuing peace is an active process; it requires intentional effort, reconciliation, and compassion.

Romans 12:21 exhorts us to conquer evil by doing good. When God is our first priority, righteousness flows naturally, resisting temptation and shining His light in the world. Ask God today to guide your steps in living a life that honors Him and seeks peaceful relationships.







Day 4: 💙 Living Righteously Before God

### Reflect and Apply

1. V	What areas in your life need turning from evil and embracing good?
_	
_	
<u>-</u>	
2. F	How can you pursue peace in your relationships?
_	
<del>-</del>	
3. V	What role does humility play in your walk with God?
_	
_	







Day 4: 💙 Living Righteously Before God

### **Journaling Prompts**

1.	Identify one habit you need to change to live more righteously.
2.	Reflect on how mercy can be shown in difficult situations around you.
3.	Write about how pursuing peace challenges or encourages you.







Day 4: V Living Righteously Before God

### Prayer for Today

**Lord Jesus**, teach me to reject evil and embrace good in all circumstances. Help me to seek peace diligently and live justly, showing mercy as You do. Fill my heart with humility so I may walk closely with You and reflect Your love. Guide my steps today and always. In Your precious name, *amen.* �� •

















Day 5: 🗱 Radiance from God's Presence

#### Your Verse

Psalm 34:5 - "Those who look to him are radiant; their faces are never covered with shame."

#### **Supporting Scriptures**

- 2 Corinthians 3:18 "And we all, who with unveiled faces contemplate the Lord's glory, are being transformed into his image."
- Proverbs 3:26 "For the Lord will be at your side and will keep your foot from being snared."







Day 5: 🗱 Radiance from God's Presence

### Devotional: Reflecting God's Glory with Confidence

The Psalmist reveals a beautiful truth in verse 5: when we look to God, we become radiant, reflecting His glory with confidence and joy. This radiance is not merely physical but spiritual, a sign of the hope and peace found in His presence.

2 Corinthians 3:18 further explains that beholding God's glory gradually transforms us into His likeness. This transformation brings a confident assurance that shame cannot overshadow. Because God is with us (Proverbs 3:26), we walk securely, free from the traps and condemnation of life.

Seeking God first nurtures this radiant life. As you focus on God, allow His light to shine through you into your surroundings. This radiance can be a testimony to those around you, drawing others to the source of true joy.







Day 5: 🎇 Radiance from God's Presence

### Reflect and Apply

1.	In what ways have you experienced God's radiance in your life?
2.	How does God's presence help you overcome shame?
3.	How can your life reflect God's glory to others?







Day 5: 🎇 Radiance from God's Presence

### **Journaling Prompts**

1.	Describe moments when your faith caused you to shine with confidence.
2.	Write about areas where shame still affects you and surrender them.
3.	List ways you can be a light to someone in need this week.







Day 5: 🗱 Radiance from God's Presence

### Prayer for Today

**Glorious God,** thank You for the radiance that comes from looking to You. Help me to keep my gaze fixed on Your glory, allowing You to transform me day by day. Remove all shame and fill me with confidence rooted in Your presence. May my life shine forth as a beacon of hope. In Jesus' name, *amen*.



















Day 6: W God Hears the Brokenhearted

#### Your Verse

Psalm 34:18 – "The Lord is close to the brokenhearted and saves those who are crushed in spirit."

#### **Supporting Scriptures**

- Isaiah 57:15 "I live in a high and holy place... but also with the contrite and lowly of spirit."
- Matthew 5:4 "Blessed are those who mourn, for they will be comforted."







Day 6: W God Hears the Brokenhearted

#### Devotional: Finding Comfort in God's Nearness

One of the most comforting promises in Psalm 34 is that God draws near to those who are brokenhearted and crushed in spirit. This verse assures us that no matter how deep our pain or sorrow, God's loving presence is close, offering healing and salvation.

Isaiah 57:15 reveals God's dual nature: majestic yet intimately present with the humble and repentant. Jesus' words in Matthew 5:4 remind us that mourning is met with God's blessing and comfort. This truth encourages us to come to God honestly with our emotions, knowing He understands and cares deeply.

Seeking God first means inviting Him into every aspect of our brokenness. Today, embrace the healing closeness of God, laying your burdens at His feet and trusting in His tender care.







Day 6: 😂 God Hears the Brokenhearted

### Reflect and Apply

1.	How does God's closeness in brokenness encourage you?
2.	What areas of your heart need healing and surrender today?
3.	How can you support others who are suffering or brokenhearted?







Day 6: 😂 God Hears the Brokenhearted

### **Journaling Prompts**

	Write a prayer expressing your deepest hurts and asking for God's comfort.
2.	Reflect on how God has comforted you in past difficult times.
3.	List ways you can show compassion to those who are hurting around you.







Day 6: W God Hears the Brokenhearted

### **Prayer for Today**

Compassionate Father, thank You for drawing near when I am brokenhearted and crushed in spirit. Please heal my wounds and fill me with Your peace. Help me to lean into Your presence rather than withdraw in pain. Use me to bring comfort to others who suffer. In Jesus' loving name, amen. 🔾 👽 🙏

















Day 7: 6 Living a Life of Thanksgiving

#### Your Verse

Psalm 34:1 - "I will extol the Lord at all times; his praise will always be on my lips."

#### **Supporting Scriptures**

- 1 Thessalonians 5:18 "Give thanks in all circumstances; for this is God's will for you in Christ Jesus."
- Psalm 100:4 "Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name."







Day 7: 6 Living a Life of Thanksgiving

#### Devotional: Gratitude: A Heart That Praises God

The psalmist starts and ends this song with praise, declaring that he will extol the Lord at all times. A life that seeks God first naturally overflows with thanksgiving, recognizing God's goodness in every circumstance.

The Apostle Paul echoes this in 1 Thessalonians 5:18, teaching that gratitude is God's will for us. Cultivating a thankful heart opens the door to joy and strengthens our faith. Psalm 100:4 encourages entering God's presence with thanksgiving—a practice that aligns our hearts with His.

As we conclude this study, consider how you can live a lifestyle marked by continuous praise and thanksgiving. Let the habit of gratitude deepen your relationship with God and draw others into the joy of knowing Him.







Day 7: 🖰 Living a Life of Thanksgiving

### Reflect and Apply

1.	How can consistent thanksgiving transform your spiritual life?
2.	What blessings can you name even in difficult seasons?
3.	In what ways can you express praise more regularly?







Day 7: 🔥 Living a Life of Thanksgiving

### **Journaling Prompts**

1. I	List five things you are thankful for today and why.
-	
2. V	Write a short praise prayer celebrating God's faithfulness in your life.
-	
3. I	Reflect on how a thankfulness attitude impacts your relationships.
_	







Day 7: 🖰 Living a Life of Thanksgiving

### Prayer for Today

**Faithful God,** I praise You at all times and thank You for Your constant presence and provision. Help me develop a heart of gratitude that honors You in good times and tough seasons. May my lips always praise Your holy name, and may my life inspire others to seek and thank You. In Jesus' mighty name, amen.







### Where God's Word Meets Your Daily Life



We pray this Bible Study has blessed you and drawn you closer to the heart of God. If you enjoyed this study, we'd love for you to join our growing HolyJot community online.



- 100k+ Bible Study Plans on every topic of life
- Access studies anytime on your phone, tablet, or computer
- Studies for individuals, families, small groups, and churches
- Secure online journaling or keep using print for privacy
- A place to grow your faith alongside believers worldwide

#### **Bonus for You:**

Download exclusive study bundles and resources when you create a <u>free HolyJot account</u>. No spam. No gimmicks. Just God's Word.

#### Visit Now:

- \* www.HolyJot.com
- Scan this QR code to start your next Bible Study today:

We'd love to hear your story. Email us at <a href="mailto:info@holyjot.com">info@holyjot.com</a>.





Connect with us at:

<u>Facebook</u> • <u>Instagram</u> • <u>YouTube</u> • <u>TikTok</u>

You are welcome to share this PDF with others. ase keep it intact so the full study and credits remain.

© 2025 HolyJot LLC. All Rights Reserved.