# The Call to Praise God Continually



Explore Psalm 34's call to praise God always, discovering joy, deliverance, and trust through heartfelt worship.





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#### Introduction

Welcome to this 3-day journey through Psalm 34, a beautiful chapter in the Bible that invites us to praise God continually. The psalmist David offers a heartfelt response to God's deliverance from fear and trouble, encouraging us to live lives filled with praise and gratitude. As we explore this passage together, we will learn how praising God is not just an occasional act but a continual lifestyle, rooted in trust, joy, and the experience of God's faithfulness.

This study will guide you through Psalm 34's themes of rejoicing in the Lord, seeking His help in times of distress, and tasting the goodness of God in every situation. In a world that often pulls our focus towards anxiety, hardship, or doubt, this psalm shines like a beacon encouraging us to respond to God's love with constant praise.

Each day you will engage with scripture readings, devotional reflections, and thoughtful questions to deepen your understanding and experience of God's presence. Whether you are new to the Bible or have walked this journey with God for years, these passages will inspire a fresh passion to worship God continually — not because of what we do, but because of who He is.

As you study these truths, allow your heart to be stirred toward greater intimacy with God. Praise has power — it changes our perspective, strengthens our faith, and draws us closer to the source of all goodness. Let us







embark on this adventure of discovering how the call to praise God continually can transform our daily living and our relationship with Him. 🙌



















#### Your Verse

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

#### **Supporting Scriptures**

- 1 Thessalonians 5:16–18 'Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus.'
- Philippians 4:4 'Rejoice in the Lord always. I will say it again: Rejoice!'







#### Devotional: Choosing Praise: A Heart of Constant Worship

**David's declaration in Psalm 34:1 is a powerful commitment** to praise God continually. He says, 'I will extol the Lord at all times; his praise will always be on my lips.' This verse challenges us to reflect: how often do we truly keep God's praise on our lips, even when situations are difficult?

Praising God is not just about moments of joy; it's about having a heart posture that recognizes God's goodness no matter what we face. Paul echoes this in 1 Thessalonians, reminding us to rejoice always and give thanks in all circumstances — not because life is perfect, but because God's presence remains constant and trustworthy.

When we choose to praise God continually, we align our spirits with His truth and bring Him glory through our faithfulness. This doesn't mean ignoring pain or hardship but finding strength and hope through worship. As we begin this study, ask God to help cultivate a heart that praises Him at all times, both in sunshine and rain.







### Reflect and Apply

1.	What circumstances currently challenge your ability to praise God?
2.	How does praising God in difficult moments change your perspective?
3.	In what ways can you incorporate continual praise into your daily life?







### **Journaling Prompts**

1.	List three reasons why you can praise God today.
	Describe a recent experience where praising God helped you through a challenge.
3.	Write a prayer committing to praise God continually, even in tough times.







#### Prayer for Today

**Lord,** thank You for Your unending goodness and faithfulness. Help me to keep praise on my lips at all times. When I face trials, remind me of Your constant love and presence. Teach me to rejoice in You always, no matter my circumstances. May my heart find strength and hope through continual worship. In Jesus' name, *amen.*  $\bigwedge$ 







# Day 2: V God's Deliverance and Protection









Day 2: V God's Deliverance and Protection

#### Your Verse

Psalm 34:4 NIV - 'I sought the Lord, and he answered me; he delivered me from all my fears.'

#### **Supporting Scriptures**

- Psalm 91:1-2 'Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, He is my refuge and my fortress, my God, in whom I trust.'
- Isaiah 41:10 'So do not fear, for I am with you; do not be dismayed, for I am your God.'







Day 2: **(**) God's Deliverance and Protection

#### Devotional: Seeking God for Fear's Freedom

In Psalm 34:4, we see the psalmist's testimony of God's deliverance from fear.

David sought the Lord — and God responded by freeing him from all his anxieties. This verse is a powerful reminder that God's protection is accessible to us when we turn to Him in faith.

Fear often robs us of peace and joy, but God invites us to trust in His shelter and refuge. Psalm 91 paints a beautiful picture of His protective care, and Isaiah reassures us that we never need to be afraid because God is always with us.

When we face fears or difficulties, our natural impulse might be to hide or run. This passage encourages us instead to seek God and experience His deliverance firsthand. Praise grows naturally from the relief and peace that come when our fears are replaced with God's perfect love and security.







Day 2: **(**) God's Deliverance and Protection

### Reflect and Apply

1.	What fears are you holding on to that need God's deliverance?
2.	How can you practice seeking God in moments of fear or anxiety?
	What does it mean for you personally that God is your refuge and fortress?







Day 2: **(**) God's Deliverance and Protection

### **Journaling Prompts**

1.	Write about a time God delivered you from fear.
2.	List fears to surrender to God and ask Him for help.
3.	Describe how trusting God changes your reactions to fear.







Day 2: V God's Deliverance and Protection

#### Prayer for Today

**Father,** You are my refuge and shield. Help me to seek You first when fears arise, confident that You will deliver me. Replace my anxieties with Your perfect peace and love. Teach me to trust Your protection daily and to declare Your power over my fears. May my life be a testimony of Your deliverance. In Jesus' name, *amen.*  $\bigwedge$   $\bigcirc$   $\bigcirc$   $\bigcirc$ 







## Day 3: Taste and See God's Goodness









Day 3: Taste and See God's Goodness

#### Your Verse

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

#### **Supporting Scriptures**

- John 4:13–14 'Jesus answered, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst."'
- Psalm 107:9 'For he satisfies the thirsty and fills the hungry with good things.'







Day 3: [C] Taste and See God's Goodness

#### Devotional: Experiencing God's Goodness Daily

Psalm 34:8 invites us to "taste and see" the goodness of the Lord — an invitation to experience God personally. This sensory metaphor encourages us to actively engage with God beyond intellectual belief, embracing the joy and satisfaction found in Him.

Jesus' conversation with the Samaritan woman mirrors this truth, promising living water that satisfies our deepest thirsts. God's goodness fills every hungry place in our hearts and souls, producing blessing and life.

Taking refuge in God means we trust Him to meet our needs — physically, emotionally, and spiritually. Praising Him continually stems from experiencing how wonderfully He cares for us, nourishing us with His presence and grace. So, let us not merely hear about God's goodness but eagerly seek to taste and see it daily through prayer, worship, and trust.







Day 3: [C] Taste and See God's Goodness

### Reflect and Apply

1.	How have you personally experienced God's goodness?
2.	What does 'tasting' God's goodness look like in everyday life?
3.	In what ways can you deepen your trust in God's provision and care?







Day 3: [C] Taste and See God's Goodness

### **Journaling Prompts**

1.	Recall moments when God's goodness was evident to you.
2.	Write about what it feels like to 'take refuge' in God.
3.	Create a gratitude list focused on God's blessings and provision.







Day 3: Taste and See God's Goodness

### **Prayer for Today**

**Lord,** thank You for Your abundant goodness that satisfies my soul. Help me to taste and see Your goodness every day and to take refuge in You without hesitation. Fill me with Your living water that quenches every thirst. May my heart overflow with gratitude and worship as I experience Your faithful care. In Jesus' name, *amen.*







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