

## Bible Study Guide

# A Weapon Called Worship

Text: Psalm 34:1-3

**Bible Study Focus:** In Psalm 34, David releases divine insight regarding worship. This is not shallow praise rooted in favorable circumstances. This is worship forged in pressure, uncertainty, fear, and adversity. Within the first three verses, David reveals the power and purpose of worship as spiritual weaponry.

**Key verse:** “I will bless the Lord at all times; His praise shall continually be in my mouth.” – **Psalm 34:1 (NKJV)**

## Praise That Perseveres

- “I will **ble<sup>s</sup>s** the Lord at **all** times; His **prai<sup>s</sup>e** shall **continually** be in my mouth.” – **Psalm 34:1**
  - This verse sets the entire tone of this Psalm. David is not describing a moment of praise—he is describing a permanent posture. His language is intentional and deliberate.
    - **Bless - Barak** – בָּרַךְ – to **kneel**; a posture of submission (figurative and sometimes literal); a fixed orientation of the heart towards God.
    - **All - Kol** – כֹּל – the **whole**; totality; each and every instance—not most times...not good times...every single occasion.
    - **Praise – T’hilla** – תְּהִלָּה – a hymn of adoration and thanksgiving; literally means, “to shine light on”—to **glorify**. Praise as illumination.
    - **Continually – Tamid** – תָּמִיד – to go on with no interruption; **unbroken** and unceasing; Praise that does not pause when circumstances change.
- **Key Insight:** Worship is not a feeling that David conjures up—it is already there...because it never left.
  - David states: “I will bless the Lord...” – this is a declaration of intent...not a description of mood. This is faith MOVING in action by declaration.
    - **Optimism states:** “Don’t worry, it will work out. We will figure something out.” – this is still based on **your** strength or the strength of **others**.
    - **Faith-Centered Worship states:** “God’s got this. My posture will not change. I don’t have the answers...but God has all of the answers, so I will shine my light of praise on Him and illuminate what He has already done...before I even see it.”



## Boasting That Builds

- “My soul shall make its boast in the Lord; The humble shall hear of it and be glad..” – **Psalm 34:2**
  - Verse two introduces this word, “boast”, which is typically has a bad reputation, but David redirects its purpose towards God.
    - **Boast – Halal – הלל** – to **glorify** or shine light on. It is the root for the word, “Hallelujah”.
    - **Humble – Anav – עני** – the **lowly**, weak, and afflicted; the poor; Those who have been brought low by life’s situations.
- **Key Insight:** David is **active** in finding something to boast about. If the soul is not intentionally boasting in the Lord, it will **absorb** something else—another narrative, another fear, another failure, etc.
  - We have been created to **worship**...and if we are not boasting in the Lord...we will “boast” in something else.
    - **Isaiah 43:21** – This people I have formed for Myself; They shall declare My praise.”
- **The humble shall hear of it and be glad.** – Our worship is not just for ourselves...the afflicted are watching.
  - When people cannot see a path forward, our testimony can become a map.
- Question: What are you actively “boasting about” in your life right now? What are some of the things that are competing for that “boastful” space in your life?

## Worship That Welcomes Others

- “Oh magnify the Lord with me, and let us exalt His name together.” – **Psalm 34:3**
  - Verse 3 is the transition from personal to communal. David moves from “I” and “my soul” to “with me” and “together”. The invitation to worship “together” is indisputable.
    - **Magnify – Gadol – גדל** – to grow or become great; to **promote**; to “big up”.
    - **Exalt – Rûm – רום** – to raise high; to set **above**;
- **Key Insight:** Two dimensions of praise:
  - **Magnify** – making God **larger** in your perspective—bigger than your problem
  - **Exalt** – Lifting God **higher**—above every circumstance, worry, fear, and uncertainty.
- **Together** – this is the destination of authentic faith.
  - Faith begins in a personal place that has a divine purpose—it flows towards a “together” place.
    - God did not intend for us to journey in **isolation**. “It is not good for the man (mankind) to be alone...” – **Genesis 2:18**