

heareth, and delivereth them out of all their troubles. 18 The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. 19 Many are the afflictions of the righteous: but the LORD delivereth him out of them all. 20 He keepeth all his bones: not one of them is broken.

Jesus fulfilled Psalm 34:20—JOHN 19:36

36 For these things were done, that the scripture should be fulfilled, A bone of him shall not be broken.

PSALM 34:21–22

21 Evil shall slay the wicked: and they that hate the righteous shall be desolate. 22 The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate.

JOHN 3:16

16 For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

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# EMOTIONALLY HEALTHY HOLIDAYS

IMMERSING OUR HEARTS IN THE SONGS OF JESUS

## CULTIVATING A HEALTHY FLOW

EXAMINING THE SOURCE OF AUTHENTIC GLADNESS

Pastor Cary Schmidt | Sunday, December 1, 2019

PSALM 34

A Psalm of David. 1 I will bless the LORD at all times: his praise shall continually be in my mouth. 2 My soul shall make her boast in the LORD: the humble shall hear thereof, and be glad. 3 O magnify the LORD with me, and let us exalt his name together. 4 I sought the LORD, and he heard me, and delivered me from all my fears. 5 They looked unto him, and were lightened: and their faces were not ashamed. 6 This poor man cried, and the LORD heard him, and saved him out of all his troubles. 7 The angel of the LORD encampeth round about them that fear him, and delivereth them. 8 O taste and see that the LORD is good: blessed is the man that trusteth in him. 9 O fear the LORD, ye his saints: for there is no want to them that fear him. 10 The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing. 11 Come, ye children, hearken unto me: I will teach you the fear of the LORD. 12 What man is he that desireth life, and loveth many days, that he may see good? 13 Keep thy tongue from evil, and thy lips from speaking guile. 14 Depart from evil, and do good; seek peace, and pursue it. 15 The eyes of the LORD are upon the righteous, and his ears are open unto their cry. 16 The face of the LORD is against them that do evil, to cut off the remembrance of them from the earth. 17 The righteous cry, and the LORD heareth, and delivereth them out of all their troubles. 18 The LORD is nigh unto them that are of a broken heart; and saveth such as be of a contrite spirit. 19 Many are the afflictions of the righteous: but the LORD delivereth him out of them all. 20 He keepeth all his bones: not one of them is broken. 21 Evil shall slay the wicked: and they that hate the righteous shall be desolate. 22 The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate.

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**EMMANUEL**  
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## 1. EMOTIONAL HEALTH BEGINS WITH \_\_\_\_\_

PSALM 34:1-2A

*1 I will bless the LORD at all times: his praise shall continually be in my mouth. 2 My soul shall make her boast in the LORD...*

1 CORINTHIANS 1:31

*31 That, according as it is written, He that glorieth, let him glory in the Lord.*

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## 2. EMOTIONAL HEALTH BECOMES \_\_\_\_\_

PSALM 34:2B-7

*2 ...The humble shall hear thereof, and be glad. 3 O magnify the LORD with me, and let us exalt his name together. 4 I sought the LORD, and he heard me, and delivered me from all my fears. 5 They looked unto him, and were lightened: and their faces were not ashamed. 6 This poor man cried, and the LORD heard him, and saved him out of all his troubles. 7 The angel of the LORD encampeth round about them that fear him, and delivereth them.*

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## 3. EMOTIONAL HEALTH IS A \_\_\_\_\_

PSALM 34:8-10

*8 O taste and see that the LORD is good: blessed is the man that trusteth in him. 9 O fear the LORD, ye his saints: for there is no want to them that fear him. 10 The young lions do lack, and suffer hunger: but they that seek the LORD shall not want any good thing.*

1 PETER 2:1-3

*1 Wherefore laying aside all malice, and all guile, and hypocrisies, and envies, and all evil speakings, 2 As newborn babes, desire the sincere milk of the word, that ye may grow thereby: 3 If so be ye have tasted that the Lord is gracious.*

**QUOTE:** He who truly fears God loves him; and he who loves God obeys him, and to him who fears, loves, and obeys God, there can be no want of things essential to his happiness, whether spiritual or temporal, for this life or for that which is to come.—Adam Clarke

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## 4. EMOTIONAL HEALTH \_\_\_\_\_

PSALM 34:11-14

*11 Come, ye children, hearken unto me: I will teach you the fear of the LORD. 12 What man is he that desireth life, and loveth many days, that he may see good? 13 Keep thy tongue from evil, and thy lips from speaking guile. 14 Depart from evil, and do good; seek peace, and pursue it.*

1 PETER 3:10-12

*10 For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak no guile: 11 Let him eschew evil, and do good; let him seek peace, and ensue it. 12 For the eyes of the Lord are over the righteous, and his ears are open unto their prayers: but the face of the Lord is against them that do evil.*

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PSALM 34:15-20

*15 The eyes of the LORD are upon the righteous, and his ears are open unto their cry. 16 The face of the LORD is against them that do evil, to cut off the remembrance of them from the earth. 17 The righteous cry, and the LORD*