



**NO  
OTHER  
gODS**

*— 30 Days of Worship —*

# DAY 1

— *Baal / Protection / Spirit* —

## READ

### *Psalm 34*

<sup>3</sup> *Oh, magnify the Lord with me,  
and let us exalt his name together!*

<sup>4</sup> *I sought the Lord, and he answered  
me and delivered me from all my  
fears.*

<sup>5</sup> *Those who look to him are radiant,  
and their faces shall never be  
ashamed.*

<sup>6</sup> *This poor man cried, and the Lord  
heard him and saved him out of all  
his troubles.*

<sup>7</sup> *The angel of the Lord encamps  
around those who fear him, and  
delivers them.*

<sup>8</sup> *Oh, taste and see that the Lord is  
good!*

*Blessed is the man who takes refuge  
in him!*

<sup>9</sup> *Oh, fear the Lord, you his saints,  
for those who fear him have no lack!*

<sup>10</sup> *The young lions suffer want and  
hunger;*

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*but those who seek the Lord lack no good thing.*

*<sup>17</sup> When the righteous cry for help, the Lord hears and delivers them out of all their troubles.*

*<sup>18</sup> The Lord is near to the brokenhearted and saves the crushed in spirit.*

*<sup>19</sup> Many are the afflictions of the righteous, but the Lord delivers him out of them all.*

*<sup>22</sup> The Lord redeems the life of his servants;  
none of those who take refuge in him will be condemned.*

### **REFLECT**

The title of this psalm connects it to an event in David's life when he had to pretend to be a mad man in order to escape from King Achish. You can read the story in 1 Samuel 21:10-15. Even though David used his own creative wit in order to

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make the escape, he does not take credit for it, because he lived his life in humble dependence on the Lord. David credited the Lord for delivering him, whether it was from lions or bears, from giants, armies, or ruthless kings. Time after time, humble David was delivered and raised up, while his proud enemies were brought low and defeated. And no matter how large and threatening his enemies were, David feared only the Lord. When have you been faced with threats and danger? Perhaps they were physical, or maybe you have been under spiritual attack? How have you seen the Lord's deliverance in your own life? How has the Lord changed a fearful situation into a memory of praise and radiant exaltation of the Lord and his power?

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## RESPOND

Take some time to focus on specific times when you have personally experienced God's deliverance. Tell him exactly how you saw him come through in those times. Bless the Lord by verbalizing these experiences and telling him of the ways in which you needed him and saw his mighty hand of rescue.

If at all possible, take time today with someone else to magnify the Lord together. Share with one another the ways in which you have sought the Lord and how you experienced his deliverance.

- If you don't have an opportunity today to join with other believers in magnifying the Lord for his deliverance, you can connect with this story and worship the Lord for his

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rescue here:

[https://www.youtube.com/  
watch?v=awkO61T6i0k](https://www.youtube.com/watch?v=awkO61T6i0k)

