



Between a Rock and a Hard Place

Psalm 34

Message Notes by Dr. Mark Platt

Wouldn't it be great if life had only win-wins? But sadly we deal with situations that are only lose-lose and there are no good options. Life has dilemmas, predicaments, and double-binds. We call this as being "*between a rock and a hard place.*"

Psalm 34 is written after David was caught between to kings who hated him. 1 Samuel 21:11-15 tells how King Saul was closing in from the east and King Achish was in the west. David was caught "*between a rock and a hard place.*"

From his experience and under the inspiration of the Holy Spirit, David teaches us four lessons on what to do when you are between a rock and a hard place:

I. Praise God in every circumstance you face (verses 1-3)

1. Praise God at all times *"I will extol the Lord at all times"*
2. Praise God in rough times *"Let the afflicted hear and rejoice"*

II. Trust God for every danger you face (verses 4-7)

1. Seek God when you are afraid *"I sought the Lord...delivered me from all my fears"*
2. Call on God when you are distressed *"This poor man called...saved him out of all his troubles"*

III. Live for God in every situation you face (verses 8-17)

1. Live a committed life *"Fear the Lord ..."*
2. Live a righteous life *"The eyes of the Lord are on the righteous"*

IV. Cling to God in every heartache you face (verses 18-22)

1. God will be with you *"The Lord is close to the brokenhearted"*
2. God will save you *"The Lord...saves those who are crushed in spirit."*

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| 3. God will <u>deliver</u> you | <i>“the Lord delivers him”</i> |
| 4. God will <u>protect</u> you | <i>“He protects”</i> |
| 5. God will <u>redeem</u> you | <i>“The LORD redeems”</i> |

Your Response:

1. What can you praise God for? Do you live in a constant attitude of praise?
2. Look at your life. Does your walk and talk display that you really *“fear the Lord?”* In what ways, do you live reverence and respect for God? Can others truly see that you have an awesome view of God? What areas of your life need more of *“the fear of the Lord?”*
3. Verse 8 tells us to *“Taste and see that the Lord is good.”* Have you tried living completely for God? If not, why not let Him into your life right now?
4. What are the benefits you have seen of Lord’s goodness? Tell somebody this week about what you have personally experienced from the goodness of God.
5. Verses 18-22 contain some wonderful promises. Which ones mean the most to you and what you are facing? Write the promises on a 3 by 5 card, keep them handy, and refer to them when you get discouraged or afraid.

Resources:

Psalms (2 volumes) by Derek Kidner
The Psalms by A.F. Kirkpatrick
Exposition of Psalms by H.C. Leupold
Psalms by Elmer Leslie