

WORTHY: A Summer of Adoration

At All Times: Adoration through Affliction

A 5-Day Devotional Handout from Psalm 34

Psalm 34 teaches us to bless the Lord at all times because God is good, near, and faithful in every affliction.

Sermon Text: Psalm 34:1-22

Introduction: Sunday's message in Psalm 34 reminded us that every time is not a good time, but God is good at all times. This week, you will practice praise, taste God's goodness, revere His greatness, radiate His holiness, and rest in His promises through every affliction with renewed faith together today.

This Week's Journey

Day	Focus
Monday	Bless Him Here: practice praise as a decision before circumstances change.
Tuesday	Magnify Him with Me: share testimony that helps others see God's greatness.
Wednesday	Taste and See: draw near enough to trust and experience God's goodness.
Thursday	Let Reverence Reach Your Mouth: let worship shape words, conduct, and peace.
Friday	He Sees, Saves, and Secures: rest in God's care through affliction.

5-7 MINUTES EACH DAY | READ SLOWLY, PRAY HONESTLY, RESPOND PERSONALLY

Day 1 - Monday

Bless Him Here

Scripture Reading: Psalm 34:1-7

Reflection:

Psalm 34 begins with a decision: “I will bless the LORD at all times.” David does not say this from a comfortable place. He says it after fear, humiliation, and deliverance. That matters for your Monday. You may not feel strong, cheerful, or ready to praise. But worship often begins before your emotions catch up. Praise at all times is not pretending all times are good. It is declaring that God is good in all times. Today, you can bless Him in the cave, in the waiting room, in the unfinished conversation, in the pressure you did not choose. Start with one honest sentence: “Lord, You are worthy here.” Let that become the first ember of praise. The circumstances may not change quickly, but your soul can be reoriented. You are not praising because life is easy. You are praising because the Lord is faithful, right where you stand today.

Application Question: Where is God calling you to bless Him before your feelings, circumstances, or answers have fully caught up?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY'S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 2 - Tuesday

Magnify Him with Me

Scripture Reading: 2 Corinthians 1:3-11

Reflection:

David moves from “I will” to “with me.” Real praise begins personally, but it refuses to stay private. When your soul boasts in the Lord, someone humble nearby may hear and be glad. That means your testimony matters more than you think. You do not have to exaggerate, perform, or sound impressive. You simply tell the truth about the God who heard you when you cried. Someone in your home, workplace, small group, or church may need the courage your praise carries. Today, remember one place where God met you in fear or trouble. Then look for a way to magnify Him with someone else. A text, a prayer, a sentence of encouragement, or a quiet testimony can widen the view of God’s greatness. Your praise may become a window through which another weary soul sees the Lord more clearly and joins the song with you today by faith again.

Application Question: Who needs to hear a simple, honest testimony of how God has heard, helped, or carried you?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY’S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 3 - Wednesday

Taste and See

Scripture Reading: Psalm 34:8-14

Reflection:

Psalm 34 does not merely tell you to believe that God is good. It invites you to “taste and see.” Tasting requires nearness. You cannot taste from across the room. You have to come close, receive, and trust. Many people know language about God without resting in God. You may know He is a provider while still living like an orphan. You may know He is merciful while still keeping your distance. Today, the invitation is simple and searching: come closer. Take refuge in Him with the real need, not the edited version. Bring the fear you keep managing, the burden you keep carrying, the question you keep circling. God’s goodness is not an idea to admire from far away. In Christ, His goodness is bread for hungry souls and shelter for weary hearts. Taste by trusting Him with what you usually keep back from Him in prayer before Him today.

Application Question: What real need, fear, or burden do you need to bring close enough to God to taste His goodness in it?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY’S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 4 - Thursday

Let Reverence Reach Your Mouth

Scripture Reading: Ephesians 4:25-32

Reflection:

David teaches that adoration has a posture. You receive God's goodness, revere His greatness, and then radiate His holiness. Psalm 34 gets very practical: keep your tongue from evil, turn from evil, do good, seek peace, and pursue it. Worship that never touches your speech has not gone deep enough. Your words can bless God in worship and wound people after worship if your heart is not surrendered. Today, let reverence reach your mouth. Ask before you speak, "Will this help peace or harm it?" Then let reverence reach your feet. Do not wait for peace to wander into the room. Pursue it. Make the call. Refuse the gossip. Apologize without excuses. Choose what is good when evil would be easier. The God you adore on Sunday is forming the way you speak, respond, repair, and represent Him on Thursday with grace in ordinary conversations, choices, and relationships this week.

Application Question: Where does your speech, attitude, or pursuit of peace need to better reflect the God you adore?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY'S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Day 5 - Friday

He Sees, Saves, and Secures

Scripture Reading: Psalm 34:15-22

Reflection:

Psalm 34 is honest: “Many are the afflictions of the righteous.” Faith does not erase trouble, heartbreak, or fear. But affliction does not remove you from God’s care. His eyes are toward you. His ears are open to your cry. He is near to the brokenhearted. He saves those crushed in spirit. You may feel unseen by people, misunderstood by family, or exhausted from explaining pain that will not fit into words. But the Lord sees what others miss and comes near to what others may avoid. The cross proves His nearness. Jesus entered suffering, bore sin, and rose again so that broken people would never be abandoned. Today, rest in this promise: God does not waste your affliction, forget your tears, or leave His servants desolate. You can bless Him at all times because He sees, saves, and secures you in Christ, even when life feels fragile and heavy.

Application Question: What affliction do you need to place under the promise that God sees you, comes near, and will not leave you desolate?

PAUSE FOR PRAYER: ASK THE LORD TO MAKE TODAY’S TRUTH PERSONAL AND PRACTICAL IN YOUR LIFE.

Weekend Reflection

On Saturday, reread Psalm 34 and notice every place David moves from trouble to testimony. Bring your own “at all times” reflection into worship, ready to gather with the church and magnify the Lord together. Come not because every affliction is gone, but because God is still good, still near, and still worthy.

Prayer Notes / Personal Response

*Use this guide personally, with your family, or in a small group as you continue reflecting on Sunday’s message.
Prepared for congregational use and personal reflection.*