

**“A Broken Heart”**  
**Psalm 34**  
**Sermon Series: “Broken”**

**Introduction:** Let’s be honest. Life breaks our hearts sometimes. We experience things that are very painful. Sometimes we have no clue what to do. We can feel like we are barely hanging on.

None of us are immune to this. Life hurts successful people, people who usually have it together, and even godly people. David, the great Psalmist and mighty king of Israel, was an example of this reality. He experienced this many times, but today we are going to look at one of the Psalms he wrote that was birthed out of a particular difficult experience. It took place before he actually became king, but he had already killed Goliath and defeated the Philistines on multiple occasions. However, King Saul became jealous of him, and David was running for his life out of fear of Saul. He got so desperate that he fled to the land of the Philistines and tried to hide there. He ended up pretending to be insane because he was afraid of their king. Obviously, he was desperate and at the end of his rope.

I hope that you never get that low and desperate. However, it may happen, and we will all certainly have experiences that break our hearts. What do we do when our hearts are broken? Let’s learn from what David wrote in Psalm 34 in the aftermath of this experience and through his experience with God.

**What can I do when my heart is broken?**

**1. Worship the Lord (v. 1-3).** Our worship should not depend on our circumstances. God is always worthy of worship because of who He is and what He has done for us. If we worship even when our world is falling apart, I don’t think Satan can have much sway in our lives. These verses are very instructive in how we worship the Lord.

- A. We bless the Lord.**
- B. We praise the Lord.**
- C. We boast in the Lord.**
- D. We magnify the Lord.**
- E. We exalt the Lord.**

**2. Seek the Lord (v. 4-8).** David uses phrases like “I sought the Lord,” “they looked to Him,” “this poor man cried out,” “taste and see that the Lord is good” to describe this. Jeremiah 29:13 says, “And you will seek Me and find Me, when you search for Me with all your heart.”

**3. Fear the Lord (v. 9-16).** Fear means reverence, but these verses make it clear that it is an attitude that turns into obedient action if it is real.

**4. Trust the Lord (v. 8, 17-22).** The second part of verse 8 says, “Blessed is the man who trusts in Him!” Verse 17 pictures the righteous person (and we are declared righteous through faith in Jesus) calling out to the Lord. This is an expression of faith.

### **Why turn to the Lord in these ways?**

This is a very important question because we have to decide if we are going to turn to the Lord or away from the Lord during times of difficulty that test our faith. Let’s conclude by looking at what David declared that the Lord did for him as he turned to the Lord because the Lord will do the same kind of things for us today.

- 1. God hears (v. 4a).**
- 2. God delivers us from our fears (v. 4b-5).**
- 3. God protects (v. 6-7).**
- 4. God satisfies (v. 8-9).**
- 5. God provides (v. 9-10).**
- 6. God delivers us from our troubles (v. 17-19).**
- 7. God is near (v. 18).**
- 8. God redeems (v. 22).**

**Conclusion:** Are you a child of God? Are you trusting Jesus as Lord and Savior? If so, are you going through difficulties? Is your heart broken? How have you been responding? How will you respond in light of what you have heard in the Word of God today?