

SADDNESS

Emotions: Getting A Grip On Your Heart & Mind

1 Samuel 22:1 So David left Gath and escaped to the cave of Adullam. Soon his brothers and all his other relatives joined him there. **2** Then others began coming—men who were in trouble or in debt or who were just discontented—until David was the captain of about 400 men. *(NLT)*

Principle #1

----- **Not** -----

Psalm 34:1 I will praise the Lord at all times.

David made a decision: I will praise God, regardless

Psalm 34:1 I will praise the Lord at all times. I will constantly speak his praises. **2** I will boast only in the Lord; let all who are helpless take heart. **3** Come, let us tell of the Lord's greatness; let us exalt his name together. *(NLT)*

Promise #1

----- **Not** -----

Psalm 34:4 I prayed to the Lord, and he answered me. He freed me from all my fears. *(NLT)*

Principle #2

----- **Not** -----

Psalm 34:5 Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces. *(NLT)*

Psalm 34:6 In my desperation I prayed, and the Lord listened; he saved me from all my troubles. *(NLT)*

Promise #2

----- **Not** -----

Psalm 34:7 For the angel of the Lord is a guard; he surrounds and defends all who fear him. *(NLT)*

Principle #3

----- **Not** -----

Psalm 34:8 Taste and see that the Lord is good. Oh, the joys of those who take refuge in him! *(NLT)*

Promise #3

----- **Not** -----

Psalm 34:9 Fear the Lord, you his godly people, for those who fear him will have all they need. *(NLT)*

Psalm 34:10 Even strong young lions sometimes go hungry, but those who trust in the Lord will lack no good thing. *(NLT)*

Principle #4

----- **Not** -----

Psalm 34:11 Come, my children, and listen to me, and I will teach you to fear the Lord. **12** Does anyone want to live a life that is long and prosperous? **13** Then keep your tongue from speaking evil and your lips from telling lies! *(NLT)*

Psalm 34:14 Turn away from evil and do good. Search for peace, and work to maintain it. *(NLT)*

Promise #4

----- **Not** -----

Psalm 34:15 The eyes of the Lord watch over those who do right; his ears are open to their cries for help. *(NLT)*

Promise #5

----- **Not** -----

Psalm 34:16 But the Lord turns his face against those who do evil; he will erase their memory from the earth. *(NLT)*

Psalm 34:17 The Lord hears his people when they call to him for help. He rescues them from all their troubles. *(NLT)*

Principle #5

----- **Not** -----

Psalm 34:18 The Lord is close to the brokenhearted; he rescues those whose spirits are crushed. *(NLT)*

Promise #6

----- **Not** -----

Psalm 34:19 The righteous person faces many troubles... (NLT)

Principle #6

----- **Not** -----

Psalm 34:19 The righteous person faces many troubles, but the Lord comes to the rescue each time.(NLT)

Psalm 34:19 The righteous person faces many troubles, but the Lord comes to the rescue each time.(NLT)

Promise #7

----- **Not** -----

Psalm 34:20 For the Lord protects the bones of the righteous; not one of them is broken! (NLT)

Psalm 34:21 Calamity will surely destroy the wicked, and those who hate the righteous will be punished. (NLT)

Psalm 34:22 But the Lord will redeem those who serve him. No one who takes refuge in him will be condemned.(NLT)

**When you are ready...
Go All In and Sign the poster.**
Statement and Reminder of faith, of commitment.

**2021 Devotions:
1 Chapter for 1 Week**
This week: Psalm 34
Read, Dwell, Read, Think, Read, Live