**Psalm 34**

What has God rescued you from?

1. **Praise the Lord for he rescues (v1-7)**

Background is David in 1 Sam 21.10ff

 What about us?

 God does rescue sometimes, and not others

 But he rescues his people through death

 Eg Perpetua and Felicity – martyrs 203AD

1. **Know that God is good (v8-16)**
* God gives us what is good - Rom 8.28-29

Testimony - Brianna McClean

Dr John Dunlop *– Finding grace in the face of Dementia*

* He asks us to ‘do what is good’ (v12-14; 1 Peter 3.8-12)
1. **Pray and Trust that He rescues (v17-22)**

V20 fulfilled by Jesus in John 19.31-37

God through Christ has rescued us from sin, eternal death and judgement

Praise God and trust God – he is good

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