

## Psalm 34:1-3

*“I will bless the Lord at all times, his praise shall continually be in my mouth. My soul shall make its boast in the Lord; the humble shall hear of it and be glad. Oh, magnify the Lord with me and let us exalt his name together.”*

David uses the Hebrew word *barak* when he says, “I will *bless*...” *Barak* means to kneel or bless God as an act of adoration. *Tehillah* is the Hebrew word used for praise. *Tehillah* is a hymn, laudation or a new song. The word he uses for continually means to stretch or continuance. It is used in reference to the regular daily sacrifice. The word boast is the Hebrew word *halal*. *Halal* is the word most used for praise and means to be clear, to shine; hence, to make a show, to boast; and thus to be clamorously foolish; to rave; to celebrate.

In verse three the Hebrew word for magnify means to twist, to be or make large. Many times when someone is accused of telling a lie it is said that they twisted the truth. Sometimes a person will exaggerate the truth to make it sound bigger than it really is. Often fisherman are accused of doing this after a big catch. In David’s case it is God he is making bigger. It seems that David is exhorting others to join him in making God prominent in the hearts and minds of man. The word exalt continues this theme. In the Hebrew the word means to be high actively, to rise or raise.

You might phrase David’s thoughts like this: “I will kneel and bless the Lord at all times because I adore him. His new song will always be in my mouth. My soul will make a clear sound, be clamorously foolish and make a show in the Lord. Make the Lord large with me and let’s raise up his name together.”

### **Scripture references:**

Psalm 115:18

But we will bless the Lord from this time forth and forevermore. Praise the Lord!

Psalm 145:1

I will extol You, my God, O King; and I will bless Your name forever and ever.

Psalm 145:21

My mouth shall speak the praise of the Lord, and all flesh shall bless His holy name forever and ever.

Psalm 71:6

By You I have been upheld from birth; You are He who took me out of my mother's womb. My praise shall be continually of You.

Hebrews 13:15

Therefore by Him let us continually offer the sacrifice of praise to God, that is, the fruit of our lips, giving thanks to His name.

Psalms 44:8

In God we boast all day long, and praise Your name forever. Selah

Galatians 6:14

But God forbid that I should boast except in the cross of our Lord Jesus Christ, by whom the world has been crucified to me, and I to the world.

Psalms 69:30

I will praise the name of God with a song, and will magnify Him with thanksgiving.

Acts 10:46

For they heard them speak with tongues and magnify God...

Psalms 99:5

Exalt the LORD our God, and worship at His footstool --He is holy.

Psalms 118:28

You are my God, and I will praise You; You are my God, I will exalt You.

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