

Dear Heavenly Father,

### *Praise*

David said, “I will bless the LORD at all times; his praise shall continually be in my mouth. Oh, magnify the LORD with me, and let us exalt his name together! This poor man cried, and the LORD heard him and saved him out of all his troubles” (Ps 34:1, 3, 6). I praise you today as the God who hears my cry and saves me from my enemies! I bless your name and worship you!

### *Today in Your Word*

Today you told me about David and Jonathan’s sad parting, and David’s capture and escape from the Philistines in Gath. Saul and Jonathan both recognized that it was your will for David to be the next king of Israel, yet their reactions were completely different. Saul tried to kill David (extreme opposition) while Jonathan helped David (cheerful obedience). Jonathan could have stepped aside and done nothing, but instead he actively supported and defended the man who would one day be king in his place. This teaches me that commitment to your will means obeying in spite of personal loss. After leaving Jonathan, David went to Ahimelech the priest in Nob. David deceived Ahimelech to gain his help, and while his motive may have been good (he no doubt wanted Ahimelech to be able to honestly claim ignorance of the truth), his deception was questionable at best and sinful at worst. This shows me how easy it is to rely on my own devices instead of on you in times of need. David knew that Saul wouldn’t rest until he was dead, and he decided to take refuge with Saul’s enemies, the Philistines. The idea of David defecting was exciting at first, but then prudence prevailed (“Is this not David the king of the land?”), and they seized him. David saved himself by acting insane, and Achish threw him out of Gath in disgust: ‘Do I lack madmen around here? Get him out!’ Once again you had delivered David from death.

### *Reflection*

Jonathan’s attitude toward David is inspiring *and* convicting. Am I so committed to doing your will that I would cheerfully help someone gain a position that was rightfully mine?

### *Request*

Father, when David was seized by the Philistines, he turned to you in prayer *and* praise. Help me remember to call on you first in times of trouble and to put my trust in you: “I shall not be afraid. What can mere man do to me?” (Ps 56:4 NASB).

### *Thanksgiving*

How grateful I am to know that the “eyes of the LORD are on the righteous and his ears are attentive to their cry; The righteous cry out, and the LORD hears them; he delivers them from all their troubles” (Ps 34:15–17 NIV)!

In Jesus’ name, Amen.

*Suggested Hymn: “[Come, Children, Learn to Fear the Lord](#)” – Isaac Watts (Ps 34:11–22).*

*Meditation Verse: Psalm 56:3.*