

Psalms 34:4

Authorized King James Version (KJV)

I sought the LORD, and he heard me, and delivered me from all my fears.

Analysis

I sought the LORD, and he heard me, and delivered me from all my fears.

David testifies to answered prayer—seeking led to hearing, hearing to deliverance. This establishes pattern: seek God, He responds, fear is removed. Personal testimony validates invitation (v. 3) and encourages others to seek likewise.

I sought the LORD (Hebrew *darash*—seek, inquire of, consult) describes intentional, persistent pursuit. Not casual acknowledgment but earnest seeking. *Darash* implies determination, priority, focused attention. David didn't passively wait for deliverance; he actively sought God. Yet seeking presumes God is find-able—He doesn't hide from earnest seekers but reveals Himself to those pursuing Him (Jeremiah 29:13).

And he heard me testifies to God's response. *Heard* (*sha ma'*) means listened attentively and responded purposefully. God didn't merely acknowledge David's prayer; He acted on it. This is covenant faithfulness—God hears His people's cries and intervenes. Hearing leads to action; divine attention results in divine deliverance.

And delivered me from all my fears completes the sequence. *Delivered* (*natsal*) means rescued, saved, pulled from danger. *From all my fears* emphasizes comprehensive deliverance. *Fears* (*magurah*—terrors, dreads) represents psychological as well as physical threats. David's deliverance wasn't merely external (from enemies) but internal (from fears). God removes both danger and

dread, both threat and terror.

Reformed soteriology sees gospel pattern here. We seek God (responding to His prior grace that enables seeking). He hears (electing love guarantees response). He delivers from all fears (comprehensive salvation—justification frees from condemnation's fear, sanctification from sin's fear, glorification from death's fear). The sequence—seek, hear, deliver—models prayer's dynamic. We approach God actively (seeking), He responds graciously (hearing), transformation results (deliverance).

Historical Context

Psalm 34's context (David's escape from Gath by feigning madness) illuminates this verse. David's fears were real and reasonable—he was in enemy territory, identified as Israel's warrior-king, facing likely execution. Yet he sought LORD rather than trusting human wisdom or strength. God delivered him through humiliating but effective means (pretending insanity). Deliverance came but not in dignified, glorious way David might have preferred.

Seeking the LORD was central command in Torah and Prophets. Deuteronomy 4:29 promises finding God when seeking with whole heart. Chronicles repeatedly evaluates kings by whether they sought LORD (2 Chronicles 14:4,7, 15:2,12-13, 16:12). Jesus promised: Seek and you shall find (Matthew 7:7). The pattern holds across redemptive history—those seeking God find Him; He never fails earnest seekers.

Related Passages

Romans 10:9 — Confession and belief for salvation

Ephesians 2:8 — Salvation by grace through faith

Study Questions

1. How does David's active seeking the LORD challenge passive approaches to faith that wait for God to act first?
2. What does it mean practically to seek God—what does this look like in daily life beyond formal prayer times?
3. How have you experienced God hearing you and delivering from fears when you sought Him earnestly?
4. Why does David emphasize all my fears—what does comprehensive deliverance reveal about salvation's scope?
5. What prevents people from seeking the LORD, and how can these obstacles be overcome?

Interlinear Text

מֵ גּוֹרֹתִי וּמְכָלֵל יְשַׁבֵּנִי אֶת־דְּבָרַ שְׁתִּי
I sought the LORD and he heard me from all my fears
H1875 H853 H3068 H6030 H3605 H4035

הַאֲלִילִי
me and delivered
H5337

Additional Cross-References

Psalms 18:6 (References Lord): In my distress I called upon the LORD, and cried unto my God: he heard my voice out of his temple, and my cry came before him, even into his ears.

Matthew 7:7 (Parallel theme): Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you:

Psalms 56:3 (Parallel theme): What time I am afraid, I will trust in thee.

2 Timothy 1:7 (Parallel theme): For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.

Jonah 2:2 (References Lord): And said, I cried by reason of mine affliction unto the LORD, and he heard me; out of the belly of hell cried I, and thou heardest my voice.

Isaiah 12:2 (References Lord): Behold, God is my salvation; I will trust, and not be afraid: for the LORD JEHOVAH is my strength and my song; he also is become my salvation.

Psalms 31:22 (Parallel theme): For I said in my haste, I am cut off from before thine eyes: nevertheless thou heardest the voice of my supplications when I cried unto thee.

Hebrews 5:7 (Parallel theme): Who in the days of his flesh, when he had offered up prayers and supplications with strong crying and tears unto him that was able to save him from death, and was heard in that he feared;

Luke 11:9 (Parallel theme): And I say unto you, Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you.

Psalms 22:24 (Parallel theme): For he hath not despised nor abhorred the affliction of the afflicted; neither hath he hid his face from him; but when he cried unto him, he heard.