Getting Started with a Warm-Up:

- How often do you place your needs and desires before others (i.e. family, friends)? Why? Or why not?
- How do you feel when someone places your needs and desires before theirs? Why?
- In what ways do you struggle with pride?

Getting Down to Business:

The following questions are following this format: Scripture/Observation, Application, and Prayer (SOAP).

1) Scripture/Observation:

- A. Read Psalm 34:1-3.
 - In v. 2, what attitude does the psalmist have while magnifying God?
 - Verse 3 looks like an invitation for others to join the psalmist in magnifying and exalting God. How would inviting others in this corporate activity of worship help him as he deals with his struggles?
 - In vv. 4-7 it appears that David has some struggles going on in his life. How would magnifying the Lord and exalting His name help him with his struggles? (Below is an excerpt from the Bible Panorama commentary that you can access by following the link after the excerpt.)

PSALM 34

The Lord, a Provider and Deliverer.

A Psalm of David when he feigned madness before Abimelech, who drove him away and he departed.

1 I will bless the Lord at all times;

His praise shall continually be in my mouth.
2 My soul will make its boast in the Lord;
The *humble* will hear it and rejoice.
3 O magnify the Lord with me,
And let us exalt His name together.
4 I sought the Lord, and He answered me,
And delivered me from all my fears.
5 They looked to Him and were radiant,
And their faces will never be ashamed.
6 This poor man cried, and the Lord heard him
And saved him out of all his troubles.
7 The angel of the Lord encamps around those who fear Him,
And rescues them. (Psalm 34:1-7, NASM 1995)

The Bible Panorama commentary

V 1–3: PERSONAL PRAISE - David, delivered from Abimelech, expresses his desire to praise the Lord at all times and continually. His boast is in the Lord, and he wishes others to join him in magnifying God who has blessed him. V 4–7: GODLY GRATITUDE - He expresses his gratitude to God for delivering him, for answering his prayers, for saving him from troubles, and for encamping all round those who fear Him, through His angel.

https://www.biblegateway.com/passage/?search=Psalm+34%3A1-3&version=NL T

B. Read John 3:25-36.

- In v. 30, why did John the Baptist say, "He must become greater and greater, and I must become less and less"?
- What statements does John make in v. 31 that indicate that he magnified Jesus?
- What specifics does John list in vv. 33-36 that highlight Jesus' exalted position? (Below is an excerpt from the Bible Panorama commentary that you can access by following the link after the excerpt.)

²⁵ A debate broke out between John's disciples and a certain Jew over ceremonial cleansing. 26 So John's disciples came to him and said, "Rabbi, the man you met on the other side of the Jordan River, the one you identified as the Messiah, is also baptizing people. And everybody is going to him instead of coming to us."

27 John replied, "No one can receive anything unless God gives it from heaven. 28 You yourselves know how plainly I told you, 'I am not the Messiah. I am only here to prepare the way for him.' 29 It is the bridegroom who marries the bride, and the bridegroom's friend is simply glad to stand with him and hear his vows. Therefore, I am filled with joy at his success. 30 *He must become greater and greater, and I must become less and less.*

31 "He has come from above and is greater than anyone else. We are of the earth, and we speak of earthly things, but he has come from heaven and is greater than anyone else. 32 He testifies about what he has seen and heard, but how few believe what he tells them! 33 Anyone who accepts his testimony can affirm that God is true. 34 For he is sent by God. He speaks God's words, for God gives him the Spirit without limit. 35 The Father loves his Son and has put everything into his hands. 36 And anyone who believes in God's Son has eternal life. Anyone who doesn't obey the Son will never experience eternal life but remains under God's angry judgment." (John 3:25-36, NLT)

The Bible Panorama commentary

V 25–36: SON'S SUPREMACY Some of John's disciples resent the fact that people are flocking to Jesus, where He, through His disciples, is baptising. John is quick to show that his role is only as the 'best man' at the wedding, and that the bridegroom must be centre stage. That bridegroom is Christ. John says, 'He must increase, but I must decrease,' and focuses on Jesus, who has come from heaven as the co-equal Son. Jesus alone can give everlasting life to those who believe in Him. He alone can turn people from the wrath of God, which abides on those who will not trust in Christ. The Son is the supreme and unique Saviour. https://www.biblegateway.com/passage/?search=john+3%3A22-36&version=NLT

2) **Application:** As you assess yourself using these passages (Psalm 34 and John 3) regarding magnifying God, in what area of your life do you need to work at magnifying Him better? (As you prayerfully consider this, read over Philippians 2:1-5).

1 Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? 2 Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose.

3 Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. 4 Don't look out only for your own interests, but take an interest in others, too.

5 You must have the same attitude that Christ Jesus had. (Philippians 2:1-5, NLT)

3) **Prayer:** As you pray incorporate Psalm 57:5 into your prayer.

"Be exalted, O God, above the highest heavens! May your glory shine over all the earth". (Psalm 57:5, NLT)