

Ep. 348 | Worship in the Wilderness: Wisdom from Psalm 34

In this episode, Christine Caine wraps up her powerful series on wisdom by diving deep into Psalm 34—a psalm born in the middle of David’s trauma, fear, and exile. She breaks down the backstory of David’s desperate flight from Saul, his bizarre strategy of pretending madness, and his writing of a worship-filled psalm from the darkness of the cave of Adullam. Christine unpacks what it means to seek God when everything falls apart, to worship through fear, and to trust God’s wisdom over worldly answers. Whether you’re facing anxiety, betrayal, or confusion, this episode is a reminder that the wisest thing you can do is run to God, not from Him—and that worship is always the gateway to wisdom.

**WHEN YOU FACE ADVERSITY, DO YOU DEFAULT TO WORSHIP
OR WORRY? HOW CAN YOU MAKE WORSHIP YOUR RESPONSE?**

**ARE THERE AREAS IN YOUR LIFE WHERE YOU’VE BEEN
RUNNING FROM GOD INSTEAD OF TO HIM? WHY?**

**HOW CAN YOU PRACTICE SEEKING GOD’S WISDOM BEFORE
MAKING BIG DECISIONS IN YOUR LIFE?**

SCRIPTURES REFERENCED IN THIS EPISODE:

PSALM 34 • 1 SAMUEL 16-22 • 1 SAMUEL 22:2 • PHILIPPIANS 2:6-7 • LUKE 2:40-52