It's All in His Hands (Psalm 31:1-8)

- I. "You <u>Are</u> My Rock, So <u>Be</u> My Rock!" (1-4)
- II. David Seeks Vindication: "In Your Righteousness Deliver Me!" (1c; Gen. 17:7)
- III. David Prays with Urgency (2)
- IV. David Reflects on the Lord's Care: Leading, Guiding, Rescuing (3-4)
- V. "Into Your Hand I Commit My Spirit" (5; Jn. 10:28; Lk. 23:46; Acts 7:59; Ps. 49:15; 16:9-10)
- VI. The Lord Establishes Those Who Trust in Him (6-8)a. He Establishes Them in a Rejection of Idolatry (6)
 - b. He Establishes Them in Joy (7; Heb. 4:15-16)
 - c. He Establishes Them in Freedom (8)

Questions for Family Discussion

- How can David simultaneously pray: "<u>Be</u> a rock of refuge for me" (v. 2) and "You <u>are</u> my rock" (v. 3)? Do you actively and intentionally strive to **apply** the truth of who God is to the actual situations you face—especially tough ones?
- Why does David pray "<u>in your righteousness</u> deliver me"? (v. 1) Would God be unrighteous not to deliver David? How does <u>God's covenant with His people</u> encourage us to pray with boldness and confidence?
- What sort of a balance should be struck between <u>urgency</u> & <u>patience</u> in our prayers? (Reflect on v. 2.)
- Is it safe to commit your spirit—your whole life—into the Lord's hands? How do you know? Have you done so?
- How should knowing that God sees your affliction & knows the distress of your soul affect your whole worldview?
- David declares that God has "set my feet in a broad place" (v. 8). How has the gospel brought you into this freedom?

Take Courage; Your Anchor Holds (Psalm 31:9-24)

- I. Even Believers Experience Sorrow (9-10)
- II. Sin—the Root of Weakness (9-10; Jas. 1:15; Rom. 8:13)
- III. Betrayed, Shattered, Terror on Every Side! (11-13; Isa. 53:3, 7; Jn. 1:11; 2 Cor. 5:21)
- IV. The Anchor Holds: "You Are My God." (14-15a; Lk. 12:7; Eph. 1:11; Rom. 8:28; Ps. 37:23)
- V. David Brings Several More Requests (15b-18)
- VI. The Fruit of a Changed Perspective (**19-22**; Jn. 3:16; Rom. 8:32; Jer. 29:11)

VII. Conclusion: David's Encouragement to the Congregation of Saints (23-24; Heb. 13:5-6)

Questions for Family Discussion

- Consider vv. 9-10. Is sadness always sinful? How are sin and sadness connected?
- What has "*paralyzed*" David, according to verses 11-13? Have <u>you</u> ever felt betrayed, broken, useless? How does the rest of the psalm (vv. 14-24) teach us to fight against a spiritual (or any other) form of depression?
- Verse 15 says: "*My times are in your hand*." Meditate upon these words. What are "*times*"? Whose hand <u>are</u> your times in? Whose hands are they <u>not</u> in? Should this truth lead us to a fatalistic despair, or comfort? Why?
- In vv. 17-18, David prays against his enemies. How *should* (& *shouldn't*) we pray for the downfall of our enemies?
- How great are the storehouses of God's goodness? How has He displayed His goodness to His people "*in the sight of the children of mankind*"? (v. 19).
- In v. 22, David describes a time of doubt in his life. Is unbelief always sinful? How should we fight against it?