

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

- I. “You **Are** My Rock, So **Be** 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: “**Be** a rock of refuge for me” (v. 2) and “You **are** 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 “in your righteousness deliver me”? (v. 1) Would God be **unrighteous not** to deliver David? How does God’s covenant with His people encourage us to pray with boldness and confidence?
- What sort of a balance should be struck between **urgency** & **patience** 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?

