

THE PSALMS



Psalm 31
A Refuge in Adversity

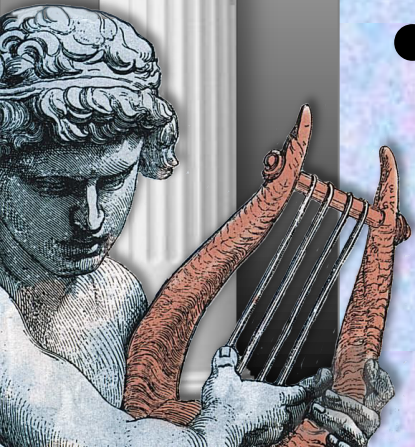
The Lord — His Refuge

- **His Estimation of God**

- **Worthy of His Trust** (vv. 1, 6)

Do we trust the Lord will provide for our needs? (Eph. 3:20)

- **His Rock & Fortress** (vv. 2, 3)



The Lord — His Refuge

- **His Estimation of God**

- **His Strength** (v. 4b)

Do we acknowledge the Lord is our strength? (Phlp. 4:13)

That we can do nothing without Him? (John 15:5)

- **Completely Committed** (v. 5)

Are we waiting until the end of our lives before we say

this? NOW Is the time to commit ourselves to God!



The Lord — His Refuge

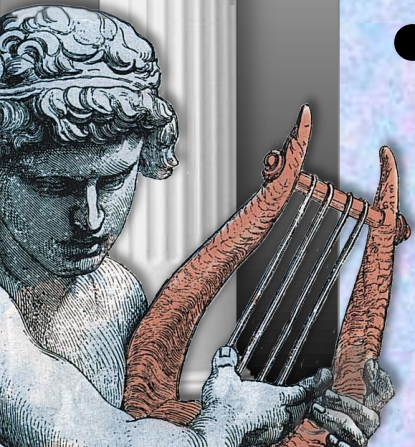
- **His Request to God**

- **Deliverance** (vv. 1, 2)

Do we look for His deliverance today? (Heb. 4:16)

- **Safety & Security** (v. 2b)

Is He our source of comfort? (Heb. 13:5)



The Lord — His Refuge

- **His Request to God**

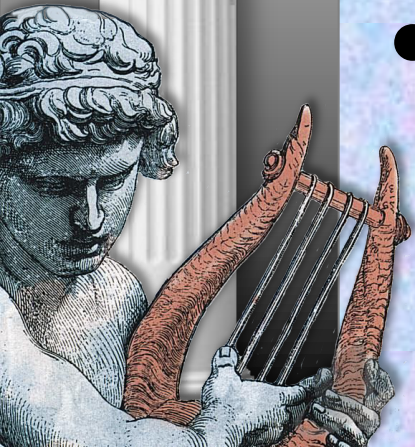
- **Guidance** (v. 3)

Do we consider His word to be our guide? (Col. 3:16)

- **Freedom** (v. 4a)

Do we acknowledge Him as the source of true freedom?

(John 8:32)



His Thankfulness

- **For Showing Mercy** (v. 7)

Are we also thankful the great mercy He has shown towards us? (Eph. 2:4, 5)

- **For Establishing His Ways** (v. 8)

Are we also thankful for Him providing the way of escape from our adversary? (1st Cor. 10:13)



His Troubles:

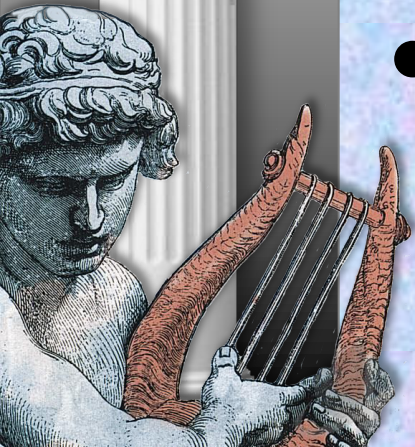
- **Grief**

- **In Body and Soul (vv. 9, 10b)**

Do we remember God will be with us through adversity?

- **For His Sin**

Do we remember God has promised relief? (1st John 1:9)



His Troubles:

- He Had Become A Reproach
- To All Around Him (vv. 11-13)

To whom do we turn in adversity?

- 'Dead' To Some (v. 12)

Do we remember when the world turns away, God remains?

- Slandered & Worse (v. 13)

Do we know the faithful will also be slandered?



His Plea:

- **He Is in the Hand of the Lord**
 - **But Trusting Still** (v. 14)
Do we see our lives in His hand, and live accordingly?
 - **His Time in His Hand** (v. 15)
Do we live as if God is in control?
 - **He Is His Servant** (vv. 14-17)
Would He recognize us as one of His servants?



His Plea:

- **But He Pleads**

- **Deliver Me!** (vv. 15b, 16)
- **To Not Be Ashamed** (v. 17a)
- **His Enemies Defeated** (vv. 17b-18)

When troubled by our adversary, do we seek his defeat and elimination, or merely a temporary reprieve?



He Exalts God

- **For His Goodness** (v. 19)

Do we remember His goodness in this world of much evil?

- **For His Secure Blessings** (vv. 19–21)

Do we remember the blessings that await the faithful?

- **For Answered Prayers** (v. 22)

Do we have the confidence of answered prayers?

(1st John 5:14, 15)



His Final Exhortation

- **Love and Hope in the Lord** (v. 23)

Do we love the Lord as we should? (Matt. 22:37)

- **Be of Good Courage** (v. 24)

Do we remember these things?



