

Our Times Are in His Hand
Psalm 31 (Page 404 in the BPB)
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Context:

A Psalm of David

A Time of Distress and Sorrow (vv. 7b-13)

...my misery (7b)
...the troubles of my soul (7c)
...the enemy (8)

I am in **distress**;
My eye is **wasted away** from **grief**,
my soul and my body too. (9)

For my life is **spent with sorrow** and my years with **sighing**;
My **strength has failed** because of **my guilt**,
and my body has wasted away (10)

Because of all my **adversaries**,
I have become a **disgrace**, especially to my neighbors
and an **object of dread** to my acquaintances;
those who see me **flee from me**. (11)

I am forgotten like a dead person, out of mind;
I am like a broken vessel (12)

For **I have heard the slander** of many, **terror** is on every side; While they took counsel together
against me, they schemed to take away my life (13)

Psalm 31 reminds us what do in times of distress and sorrow.

1. You Pray to the LORD (vv. 1-2, 9a, 15-18)

Let me never be put to shame (1b);
Let me not be put to shame, LORD, for I call upon You; Let the wicked be put to shame, let them be silent in Sheol. (v. 17)

In Your righteousness **deliver me** (1c)

Incline Your ear to me, **rescue me** quickly (2)

Be a rock of strength for me a stronghold to **save me** (2)

Be gracious to me (9a)

Rescue me from the hand of my enemies and from those who persecute me (15b)

Make Your face shine upon Your servant; save me in Your faithfulness (16)

Let lying lips be speechless, which speak arrogantly against the righteous with pride and contempt. (18)

2. You Preach to Yourself and Remind Yourself to Trust in the LORD (vv. 3-6, 14-15)

We are praying to the LORD

In You, LORD (Yahweh) (1)

You are my rock and my fortress;
For the sake of Your name/reputation You will lead me and guide me. (3)

You will pull me out of the net which they have secretly laid for me,
for You are my strength (4)

Into Your hand I entrust my spirit; (5)
You have redeemed me, LORD, God of truth/faithfulness (5)

I hate those who devote themselves to worthless idols, but I trust in the LORD. (6)

But as for me, I trust in You, LORD; I say, "You are my God." (14)

My times are in Your hand. (15)
(Contrast to, "the hand of my enemies") (15)

3. You Praise the LORD (vv. 7-8, 19-22)

I will rejoice and be glad in Your lovingkindness,
because You have seen my misery;
You have known the troubles of my soul,
and You have not handed me over to the enemy (7-8a)

You have set my feet in a large place. (8b)

How great is Your goodness,
which you have stored up for those who fear You,
which you have performed for those who take refuge in You,
before the sons of men! (19)

You hide them in the secret place of Your presence from the conspiracies of man;
You keep them secretly in a shelter from the strife of tongues. (20)

Blessed be the Lord, for He has made marvelous His lovingkindness to me in a besieged city. (21)

As for me, I said in my alarm, "I am cut off from before Your eyes";
nevertheless You heard the voice of my supplications when I cried to You. (22)

4. You Plead with God's People to Trust in the LORD (vv. 23-24)

O love the LORD, all you His godly ones!

The LORD preserves the faithful
and fully repays the one who acts arrogantly. (23)

Be strong and let your heart take courage,
All you who hope in the LORD. (24)

Application:

"Father, into Your hands I commit My spirit" (Luke 23:46)

1 Peter 2:21-25

1 Peter 4:12-19

Hebrews 12:1-3