

## Psalm 31 - Trust in God

As we have been looking at the Songs of David one of the lessons we have seen – made David a man of God

**A)Has been this: In the midst of his Difficulties – before he talks to others about his frustrations**

**B)DAVID TALKS TO GOD!**

C)In some instances he never talks to anyone else. – He reserves his frustrations for God alone

We see this very pointedly in this season when David is being chased around Israel's countryside/ King Saul

A)Trying time a difficult time – We never once find David in the narrative bad mouthing Saul.

B)The closet he maybe comes is in his exchange with Jonathan – He says –

1)bro your dad is trying to kill me

C)But when David had opportunity to kill Saul either literally – or Verbally – he doesn't

D)But instead he reserves his complaints and frustrations for GOD ALONE

**This is what helps keep David's perspective - Vertical – God ward**

A)When everything on the Horizontal was out of sort and out of Wack!

B)Tonight I am going to Divide this Psalm into Six sections

**David's Plea V.1-3**

**David's Surrender in V.4-8**

**David's Anguish in V.9-13**

**David's Confidence V.14-18**

**David's Praise V.19-22**

**David's Preaching V.23-24**

**But I want to begin with David's Anguish**

A)What he expresses in V.9-13 set the tone for everything else that is said

B)David is writing because of the Anguish in his heart – concerning his present situation

C)David writes this after he and his men rescue the city of Keilah from the Philistines 1 Samuel 23

1)Only to discover that the people he just rescued are going to betray him into the hands of Saul

D>Welcome to the Ministry

Not only is David dealing with the Frustration of this betrayal –

A)But he is also dealing with the Fact that Saul is relentless in his pursuit of David

B)We read in 1 Samuel 23 – Saul sought David every day!

C)Saul was relentless in his pursuit of DAVID – and merciless in his SLANDER OF DAVID

D)Not only was Saul chasing David all over the countryside of Israel –

1)He was bad mouthing David where ever he went

So that is the setting through which David writes Psalm 31

A)Consider his anguish of Soul in V.9-13

9 Have mercy on me, O Lord, for I am in trouble;

My eye wastes away with grief,

Yes, my soul and my body!

10 For my life is spent with grief,

And my years with sighing;

My strength fails because of my iniquity,

And my bones waste away.

He acknowledges the weight physically and emotionally his trouble is having upon him

A)My eye waste away with grief – I can't stop crying

B)My Soul and my body – CSB - my eyes are worn out from frustration—my whole being as well.

C)The pain of this trial is affecting every part of my being

V. 10 My strength fails because of my iniquity, And my bones waste away.

I don't know if you have ever known this type of grief before – but it is debilitating –

A)At the heart of his pain was the way people were treating him and talking about him.

11 I am a reproach {Disgraced and put to shame among all my enemies, but especially among my neighbors,

And am repulsive {they look on me with disgust to my acquaintances; those who see me outside flee from me.

Now that wasn't the way everyone saw David or felt about David – but it sure felt like it to him

A)Everyone hates me – disgusted with me – running from me.

12 I am forgotten like a dead man, out of mind;  
I might as well be dead – out of sight out of mind –

I am like a broken vessel (broken and discarded)  
13 For I hear the slander of many; (spreading lies and rumors about me – lies are spreading like wild fire)  
Fear is on every side; (don't know where to turn or who to trust – seems like everyone is out to get me)  
While they take counsel together against me,  
They scheme to take away my life.

So this is what David is going through emotionally and physically –

A)His Anguish of Soul is affecting every area of his being. – He is being real with God

B)Another thing that I think is worth noting about David's songs is they are brutally honest  
1)They are raw and filled with emotion

C)He is not trying to wax eloquent – not worried about saying the right things

D)He is simply being real with God and I think the Lord really appreciates this.

One of the things that has saddened my heart to no end – is when I am talking to someone

A)Asking how they are doing – and they respond with platitudes – “doing great brother” Awesome

B)It is especially frustrating is when the person doing that is a good friend – care deeply about

1)And I find out later – they were going through a real jam

C)In times when that has happened – and I find out later – ask – why didn't you tell me ? why lie ..great

And they respond: I was embarrassed – or I didn't want you to be bummed out or burdened

A)My response is – I love you and I could have helped you – VERY LEAST – PRAYED

B)That is frustrating – to me – but you know what is even more sad – when people do that to God

C)They pretend like everything is ok in their life – they pray generic prayers

D)Never getting real and baring their heart to God

You know why it is so Sad? God already knows what you are going through.

A)He knows the pain in your heart – he knows the frustration – why are you hiding it ?

B)You have heard me say – the problem many of us face is we bring our backpack of burdens to the Lord  
1)Lay them down, but pick back up a again – he is like I want to help – leave them

C)That is bad – but you know what is worse? To never bring them at all.

D)Cast your cares.... He cares for you! 1 Peter 5:8

David is really good at that – He is incredibly honest in bearing his heart to the Lord

A)He says things like Kill my enemies – Destroy them – bring evil upon them –

B)I think the Lord wants us to learn from David how to be honest with our feelings and frustrations

C)But not stay here: We have to turn a corner – See God as our Rescuer – our defender

David is so Good at this:

A)We see a great example of this in this Psalm –

B)All through the Psalm David is wrestling with his feelings and what he knows to be true of God

C)He is not going to allow his present circumstances to dictate his actions and movements

D)He is allowing his Theology of God to permeate his Reality in life

E)That is how he moves from Anguish to Praise and from praise to preaching.

My Theory about the Psalms – right when we get to heaven.

A)The Psalms are songs – and I have some friends who are song writers – Jonathan – Joe H- Zach

B)Phil and Evan Wickham – Jeremy Camp –

C)Here is something I learned in talking to my friends who write songs

1)Very rarely do they write a song in one sitting

Usually it is written over days – sometimes months

A)I think the Psalms were written in this same way

B)One day – David is voicing his struggle and frustration – mixed in with trust language

C)Sometimes David can sound bipolar – he is all over the place.

D)But almost every time in every song – there is a point where he turns a corner –

1)See’s his situation in light of seeing God

In some of those songs – I believe David penned his frustrations one day –

A)Then after walking with God and meditating on the Word – he would finish it

B)Psalm 31 is one of those type of songs

C)So His Anguish sets to tone – the mood it gives us a glimpse into his heart

**D)Let’s see how he wrestles – His Plea -V.1-3**

In You, O LORD, I put my trust; Let me never be ashamed;

Deliver me in Your righteousness.

<sup>2</sup>Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me.

<sup>3</sup>For You *are* my rock and my fortress; Therefore, for Your name’s sake, Lead me and guide me.

**There are two things that are at the heart of David’s Plea – God’s Protection and God’s Direction**

**A)God’s Protection** – Deliver me – and do it quick Lord

B)Bow your ear to me – Listen to me – Be my rock and Fortress – My defense

C)David and his men were hiding in the rocks and the caves of En Gedi –

D)But he knows that God is his Ultimate Rock V.3

<sup>3</sup>For You *are* my rock and my fortress;

Now this is interesting to me: He is pleading with God to be his Rock and Fortress

A)But then he says – You are my Rock and Fortress

**B)What we know by faith in our minds, needs to become the reality in our hearts and experience.**

C)Lord I know that you are my Rock and Fortress – but can you be that in this situation – this moment

“We know by faith that God is many things, because the Bible tells us he is. But this is a very different thing from proving God to be those things in our personal experience. Do you believe that God is all powerful? Of course, you do. Then pray that he will prove himself strong in your weakness. Do you believe that God is wise. Of course! Then ask him to display his wisdom in the ordering of your life. In the same way, you can ask him to be to you loving and gracious and merciful and everything else the Bible says he is. “You are ... then be ...,” should be the prayer of every Christian.” James Montgomery Boice

So first David’s plea is for God’s protection

**2<sup>nd</sup> His Plea is for Direction** - Therefore, for Your name’s sake, Lead me and guide me.

A)David in this moment doesn’t trust himself to lead himself – Lord Lead me!

B)Every time David tries to lead himself it is a disaster –

C)His Motivation in wanting to be led by God – For your Name’s sake

1)So that you will be glorified! – Your name will be honored and praised.

Precious church listen to me – I tell you this all the time- We exist to bring God glory

<sup>14</sup>“You are the light of the world. A city that is set on a hill cannot be hidden. <sup>15</sup>Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all *who are* in the house. <sup>16</sup>Let your light

so shine before men, that they may see your good works and glorify your Father in heaven. Matthew 5:14-16

We don't exist to simply enjoy creation  
We don't exist to make money – live well  
We don't exist to make our names / brand/ great

We exist to bring God Glory with our lives – talents our treasures.

A)We exist to make his name great in our Victories and in our Difficulties

B)David has the right perspective here- His name and life were being slandered

C)But he is concerned for God's name – Lead me Lord in a way – Glorify your name.

**D)So that is David's Plea and his Plea leads to his Surrender V.4-8**

<sup>4</sup>Pull me out of the net which they have secretly laid for me,

For You *are* my strength.

<sup>5</sup>Into Your hand I commit my spirit;

You have redeemed me, O LORD God of truth.

<sup>6</sup>I have hated those who regard useless idols;

But I trust in the LORD.

<sup>7</sup>I will be glad and rejoice in Your mercy,

For You have considered my trouble;

You have known my soul in adversities,

<sup>8</sup>And have not shut me up into the hand of the enemy;

You have set my feet in a wide place.

In the midst of his trial David does the smartest thing that he can do – **He surrenders his heart to God**

<sup>5</sup>Into Your hand I commit my spirit;

You have redeemed me, O LORD God of truth.

A)My life, my heart, my emotions, my situation is in your hands – Surrendering it all to you.

B)When I can't explain why this is happening to me

1)When I don't understand why everyone is turning on me

C)When the very people in Keilah that I just helped are betraying me – Lord here is my heart

**David gives 3 reasons why he Surrenders to God God is merciful, Mindful, and Masterful**

**#1 God is Merciful** – V.7a I will rejoice in your mercy

A)Mercy is not getting what we do deserve.

B)If honest we all deserve – Judgment – wrath

C)David is wise in his surrender – I am not rejoicing in my uprightness

D)I am rejoicing in your Mercifulness

So he surrenders to God because God is merciful

**#2 He surrenders to God because God is Mindful**

A)V.7 You have considered my trouble – Anguish  
And you have known my soul in adversities

B)David knows that His God is the God who sees and knows –

C)He is not distant – he doesn't turn a blind eye when his people are in the midst of problems

D)Well acquainted with our troubles

E)Jesus our faithful high priest – Man of sorrows acquainted with grief – Come boldly

David is coming boldly to God in Surrender because he is Merciful – Mindful

**#3 Masterful**

A)<sup>8</sup>And have not shut me up into the hand of the enemy;

Not delivered me – Saul keeps chasing me and you keep hiding me – rescuing me

B)You have set my feet in a wide place.

Not on a narrow path with nowhere to turn – not boxed in - Wide place

C)En Gedi was this beautiful Oasis in the middle of the desert – lots of refreshment

1)Lots of wild life – lots of hiding places

**David's Confidence V.14-18**

<sup>14</sup>But as for me, I trust in You, O LORD; I say, "You *are* my God."

<sup>15</sup>My times *are* in Your hand; Deliver me from the hand of my enemies, And from those who persecute me.

Powerful statement here: My times are in your hand

What times? All times – My whole life

A) If you haven't done this in a while can I encourage you to do this – this week

**B) Reflect on your life – God's faithfulness – See how your life has been in his hands**

Even when you didn't know him – the times he spared you from something in your youth

A) Times when he provided – in your 20's

B) Times in your 30's he kept you from making a bad decision or provided an escape after you did

C) Times in your 40's when He covered you in his grace when you didn't deserve it

This is such a great exercise to build up your faith

A) God's past faithfulness in your life – means you can trust him to be faithful with your future

B) You can say like David – My times are in your hands!

<sup>16</sup>Make Your face shine upon Your servant; Save me for Your mercies' sake. Favor

<sup>17</sup>Do not let me be ashamed, O LORD, for I have called upon

You; {Lord I am counting on you

Let the wicked be ashamed; Let them be silent in the

grave. <sup>18</sup>Let the lying lips be put to silence, Which speak insolent things proudly and contemptuously against the righteous.

C) As David is writing this song – Probably over a few days

D) As he is surrendering his emotions – feelings

1) As he is allowing is Theology of God to permeate his reality of Life –

E) His anguish is being replaced by trust – that results in Praise.

**David's Praise: David turns the corner**

19 Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind!

20 In the cover of your presence you hide them

from the plots of men; you store them in your shelter from the strife of tongues.

21 Blessed be the Lord, for he has wondrously shown his steadfast love to me when I was in a besieged city.

22 I had said in my alarm, "I am cut off from your sight."

But you heard the voice of my pleas for mercy when I cried to you for help.

Notice how David's perspective has changed. He praises God for his Abundant Goodness

A) His Goodness is abounding

B) Father's good pleasure to give you the Kingdom

C) God is Good – Psalm 23 Surely goodness and mercy will follow me all the days of my life

**The central basis of Christian assurance is not how much our hearts are set on God, but how unshakably His heart is set on us."**

– Timothy Keller — The Reason for God

A beautiful reflection of God's goodness and covenant

"The goodness of God is infinitely more wonderful than we will ever be able to comprehend." A.W. Tozer

"God is good not because he causes things that seem or feel 'good' to happen in our lives, but because in the midst of the storm, God comes closer to us than the storm ever could." Charles Spurgeon

"God is not only good when He gives, but also when He takes away; not only when He opens His hand, but also when He shuts it." St. Augustine

**He praises God for his Covering Presence V.20 -**

20 In the cover of your presence you hide them from the plots of men; you store them in your shelter from the strife of tongues.

A) Now the KJV and the Amplified versions – call the shelter – the secret place of your presence

B) A lot of Christians know nothing of the secret place of God's presence –

1) They think that is some hidden far off place for Mystics and the super Spiritual

C) You know what the Secret place of his presence is – Intimate fellowship

Available to each one of us each day if we will just seek it out.

A) Oh I am too busy – Oh I am too much going on Work is too early.

B) Listen: Jesus the Son of God – no one more spiritual than him –

1) He practiced spending time in the Secret place He modeled that for us

C) I love that scene in Mark Chapter 1

Jesus is in Capernaum – He heals Peter's mother in law

A) Word spread and everyone is bring to Jesus their sick and Demon Possessed

B) The whole city was gathered at the door – Jesus was ministering late into the night

C) The Next day – Jesus slept in until noon – NO that is what I probably would have done

D) Jesus gets a long while before day light and goes to THE SECRET PLACE – Solitary place – Pray

This is the Son of God – I need time with my father.

A) Now if there was ever a moment in the life of Jesus where he might have been tempted to get caught up in the HYPE – EMOTION -this was it

B) Because it says the next day – the disciples wake up to another crowd –

1) Everyone was looking for Jesus

C) There was a Buzz – Revival is breaking out –

D) Jesus is nowhere to be found – off spending time in the secret place with Dad – Intimate fellowship

When the Disciples finally find him and say – Everyone is looking for you

A) Jesus says – Guess what we are leaving here and heading to another town –

B) Direction I got from my father – In the Covering of the Secret place – Protection – direction

1) Perspective

C) David is praising God for that kind of intimacy

**He praises God for his Steadfast love V.21**

A) Lord thank you that although my heart can waver at time – say dumb things

B) Why have you forsaken me – Not true – how David was feeling –

C) Lord thank you for loving me!

I have had many times in my life – I have failed God Not followed God like I should

A) Times when my faith faltered – times when I acted any way but like Jesus

B) How about you? Failed God Disappointed God?

**His love for you is Steadfast! Never changing – Never ending.**

A) Lamentations 3:22-23

The steadfast love of the Lord never ceases; His mercies never come to an end; they are new every morning; great is your faithfulness.

He praises God for his attentive ear in V.22

A) Not only does God love you – but he loves to listen to you. – Never a bother

B) My wife – talking – wants my undivided attention – put down your phone – eye contact – listen

C) Interesting – doesn't work both ways – I can be talking to her – she gets up walks out of the room

1) Multi- tasking

D) There are times where we don't hear one another – not attentive –

God is never that way: You talk – He listens

A) You ramble – He is attentive – He loves you that much and he is that patient

B) He is attune to the sighs and groans and moans – and able to Decipher all of it – Praise God

So David turns the Corner – after wrestling with his thoughts and faith and sort of verbal processing

A) Result – David ends of praising God for who he is

B)Anguish is replaced by Worship –

C)Beautiful transition –

After he worships – He is ready to preach

A)This is why worship precedes Bible study

B)Gets our heart ready to hear the message

C)Gets our perspective right

“

**David Preaches 3 point sermon**

**#1 23 Love the Lord, all you his saints!**

H.C. Leupold “Don’t ever lose faith in God, faith will never be lost if love keeps burning.”

The Lord preserves the faithful but abundantly repays the one who acts in pride.

2 Chronicles 16:9 He shows himself strong on behalf of those who are loyal to Him - LOVE HIM

**#2 V24 Be strong, and let your heart take courage,**

A)Because of his Steadfast love toward you – because of his faithfulness – Be strong – take courage

B)Joshua – Be strong and Courageous

C)People who are strong and courageous – because the Know God’s Love – Walk by faith

D)Daniel 11:32 - but the people who know their God shall be strong, and carry out *great exploits*.

Love God – Be strong and Courageous

**#3 Wait on the Lord - all you who wait for the Lord!**

Difficulty tonight – Don’t run – Trust

Don’t Panic – pray

Don’t worry – Wait on the Lord

He has got you! – Amen

Close tonight bring our hearts

**Praise Him for His Abundant goodness**

**Praise him for His Covering presence – Intimacy**

**Praise Him for His Steadfast Love**

**Praise Him for Attentive ear!**