

# Psalms 31

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## Psalms 31

YouTube Prayer Link

No matter how fierce the wind and rain are, you can go on bravely.

Psalm 31

In our journey of life, we will always face various difficulties and challenges, which can sometimes be like a storm, making us feel helpless and lost. However, at such a moment, if we can find a strong support, then we can go on bravely, no matter how fierce the wind and rain. For many people, faith is the strongest reliance in their lives. Whether it's religious beliefs or adherence to certain philosophical principles, these beliefs can sustain people like a rock in difficult times. When a person believes that his faith can give him strength, he is able to find the courage to face the challenge, no matter how difficult the external environment is. Sticking to the right values and principles of life is also a solid reliance. In today's society, we are often confronted with temptations and injustices, and if we lack firm values, we can easily lose ourselves. Sometimes, when we can't find our own strength, others can be our source of strength. Especially when we feel that we are powerless to fight anymore, a word of comfort from a friend and a hug from a loved one can often make us reborn from the trough.

In our lives consumed by sorrow? Looks dry? We really need salvation! Saul hunted David out of jealousy, while the psalmist felt innocent; When fleeing in the wilderness, danger is hidden everywhere, and there is fright. Who can deliver him in such a difficult and difficult day? The psalmist's reliance on Jehovah is his faith and his greatest confidence. God has indeed saved him many times in the past and has been his safeguard. Now he is confident that he will be delivered from his troubles and that all who take refuge in Jehovah will be protected by the Lord. Since Jesus is faithful and faithful, He will not put his trust to shame. The psalmist took refuge in Jehovah, and he prayed to God as a rock to deliver him and deliver him in his righteousness, so he needed God's guidance to get out of it, and he was the security of life, the security of life. It is the last words of the Lord Jesus, who gave himself completely into the hands of a faithful God, at the time of His crucifixion. I put my soul in Your hands. God knew the hardships of

David's heart and did not forsake him; but led him in mercy to stand in a broad place; This is the hope of our faith today.

Belief in an empty god: Acts of worshipping false gods, idolatry, and relying on sorcery or divination. These are the traps that Satan has set for deceivers. Once the saints indulge in this, they will abandon their faith and leave God. Although these can provide temporary satisfaction, the psalmist denounces them as "gods of nothingness." There is no true atheist in the world, because people always need to 'lean' in something in trouble (v.6). If a person refuses to "trust in Jehovah," he will "believe in an empty god," such as idols, wealth, power, knowledge, health, and beauty.

The whole text can be divided into three paragraphs, and the first and second paragraphs of the prayer are more and more in-depth. David's suffering was deep, and he honestly faced it and faced himself so that his prayers could be deepened. God also took him to the depths of prayer. So this prayer can bless those who are not satisfied with their prayers. It's all too easy for us to be satisfied with superficial prayers, and after each prayer, we don't have a deeper understanding of ourselves, a deeper awakening of our soul, and no deeper appreciation of God's presence. But David went to the depths of prayer. It was the joy of victory, because David went through deep and intense prayer in it, and he had a deeper trust in God, which led to a more joyful satisfaction at the end. The whole psalm goes from a situational prayer to a spiritual prayer and finally to the victory of faith.

In the circumstances we find ourselves in, we must know that we believe in God as God, pour out our real problems and inner feelings to God, be strong and courageous in the face of the continuous impact of the environment, and trust in God's plan. In the midst of all kinds of difficulties, we still hold on to God and still regard God as the fruit of God's faith.

David cried out to God, he knew that a righteous God would never let people fall into sin and ignore it, David counted the grace that God had given him in his life in the past, David clearly knew that the grace of salvation was out of God's justice, and when people fully believed in God's justice, God would treat people with his love, even in the midst of distress and suffering, and actively grasp God's promises. Be bold in the midst of affliction, and God will strengthen our hearts.

We pray:

"Dear Heavenly Father, hear my prayers and be a solid rock in my life. In the midst of difficulties and challenges, please give me the strength to protect me from all harms, so that I can find comfort and stability in Your arms. May Your grace always be with me, opening the way for me and guiding me to light and hope. No matter what the circumstances are outside, thank You for always having wonderful lovingkindness and great Save for us. May we always remember Your works and love and trust You more deeply.

In the name of Jesus Christ we pray, Amen. "

## **Psalm 31**

### **Amplified Bible**

#### **A Psalm of Complaint and of Praise.**

To the Chief Musician. A Psalm of David.

31 In You, O Lord, I have placed my trust *and* taken refuge;  
Let me never be <sup>1a</sup>ashamed;  
In Your righteousness rescue me.

2

Incline Your ear to me, deliver me quickly;  
Be my rock of refuge,  
And a strong fortress to save me.

3

Yes, You are my rock and my fortress;  
For Your name's sake You will lead me and guide me.

4

You will draw me out of the net that they have secretly laid for me,  
For You are my strength *and* my stronghold.

5

<sup>1b</sup>Into Your hand I commit my spirit;  
You have redeemed me, O Lord, the God of truth *and* faithfulness.

6

I hate those who pay regard to vain (empty, worthless) idols;  
But I trust in the Lord [and rely on Him with unwavering confidence].

7

I will rejoice and be glad in Your steadfast love,  
Because You have seen my affliction;  
You have taken note of my life's distresses,

8

And You have not given me into the hand of the enemy;  
You have set my feet in a broad place.

9

Be gracious *and* compassionate to me, O Lord, for I am in trouble;  
My eye is clouded *and* weakened by grief, my soul and my body also.

10

For my life is spent with sorrow  
And my years with sighing;  
My strength has failed because of my iniquity,  
And even my body has wasted away.

11

Because of all my enemies I have become a reproach *and* disgrace,  
Especially to my neighbors,  
And an object of dread to my acquaintances;  
Those who see me on the street run from me.

12

I am forgotten like a dead man, out of mind;  
I am like a broken vessel.

13

For I have heard the slander *and* whispering of many,

Terror is on every side;  
While they schemed together against me,  
They plotted to take away my life.

14

But as for me, I trust [confidently] in You *and* Your greatness, O Lord;  
I said, "You are my God."

15

My times are in Your hands;  
Rescue me from the hand of my enemies and from those who pursue *and* persecute me.

16

Make Your face shine upon Your servant;  
Save me in Your lovingkindness.

17

Let me not be put to shame, O Lord, for I call on You;  
Let the wicked (godless) be put to shame, let them be silent in Sheol (the nether world, the place of the dead).

18

Let the lying lips be mute,  
Which speak insolently *and* arrogantly against the [consistently] righteous  
With pride and contempt.

19

How great is Your goodness,  
Which You have stored up for those who [reverently] fear You,  
Which You have prepared for those who take refuge in You,  
<sup>lc</sup>Before the sons of man!

20

In the secret place of Your presence You hide them from the plots *and* conspiracies of man;  
You keep them secretly in a shelter (pavilion) from the strife of tongues.

21

Blessed be the Lord,  
For He has shown His marvelous favor *and* lovingkindness to me [when I was assailed] in a besieged city.

22

As for me, I said in my alarm,  
"I am cut off from Your eyes."  
Nevertheless You heard the voice of my supplications (specific requests)  
When I cried to You [for help].

23

O love the Lord, all you His godly ones!  
The Lord preserves the faithful [those with moral and spiritual integrity]  
And fully repays the [self-righteousness of the] arrogant.

24

Be strong and let your hearts take courage,  
All you who wait for *and* confidently expect the Lord.

**Psalm 31 is a powerful expression of David's trust in God during times of deep distress, and it highlights themes of reliance on God's protection, deliverance, and faithfulness. The psalm reveals the emotional and spiritual journey from a state of crisis to one of hope and trust in God's care.**

### **Full Description of Psalm 31**

**Psalm 31 is attributed to King David and can be divided into three main sections:**

**1. Confidence in God's Protection (Verses 1-8)**

**David opens the psalm by declaring his trust in God as his refuge and protector. He calls upon God to deliver him from his enemies and to rescue him from the dangers surrounding him. The first eight verses emphasize David's absolute trust in God as his refuge. Even when surrounded by trouble, David is confident that God will deliver him.**

- Verse 1: **"In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness."**
- Verse 5: **"Into your hands I commit my spirit; deliver me, Lord, my faithful God."**
- Verse 8: **"You have not given me into the hands of the enemy but have set my feet in a spacious place."**

**2. Expression of Distress and Plea for Help (Verses 9-18)**

**The second part of the psalm conveys the depth of David's anguish. He is overwhelmed by sorrow and physical exhaustion, describing his emotional distress as being abandoned and surrounded by enemies. Despite the overwhelming sense of abandonment, David continues to call out to God for help and deliverance.**

- Verse 9: **"Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief."**
- Verse 10: **"My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak."**
- Verse 12: **"I am forgotten as though I were dead; I have become like broken pottery."**
- Verse 14-15: **"But I trust in you, Lord; I say, 'You are my God.' My times are in your hands; deliver me from the hands of my enemies, from those who pursue me."**

**3. Praise, Thanksgiving, and Encouragement (Verses 19-24)**

**In the final section, David expresses confidence in God's goodness and faithfulness. He praises God for His protection and expresses gratitude for the deliverance God has granted. He also encourages others to trust in God, as He is a refuge for all who seek Him.**

- Verse 19: **"How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you."**
- Verse 24: **"Be strong and take heart, all you who hope in the Lord."**

### **Important Verses from Psalm 31**

- Verse 1:  
***"In you, O Lord, I have taken refuge; let me never be put to shame; deliver me in your***

*righteousness.”*

This verse expresses David’s trust in God as his ultimate refuge. It is a prayer for deliverance grounded in God’s righteousness.

- Verse 5:  
*“Into your hands I commit my spirit; deliver me, Lord, my faithful God.”*  
This verse is a prayer of complete surrender and trust. It’s a profound declaration of reliance on God, echoing Jesus’ words on the cross (Luke 23:46).
- Verse 9-10:  
*“Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.”*  
David is raw and honest with God about his suffering, describing both physical and emotional pain.
- Verse 14-15:  
*“But I trust in you, Lord; I say, ‘You are my God.’ My times are in your hands; deliver me from the hands of my enemies, from those who pursue me.”*  
Despite feeling surrounded by enemies, David reaffirms his trust in God, acknowledging that his life is in God’s hands.
- Verse 19:  
*“How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you.”*  
A declaration of the goodness of God, acknowledging the abundance He has reserved for those who trust in Him.
- Verse 24:  
*“Be strong and take heart, all you who hope in the Lord.”*  
A call to others to remain strong in the Lord and to place their hope in Him.

### Spiritual Influence and Application

Psalm 31 offers profound spiritual insights and impacts for believers in many areas:

1. **God as Our Refuge**  
The psalm highlights the importance of turning to God as our refuge in times of distress. When facing trials, David’s example shows that we should trust in God’s protection, knowing that He is faithful to deliver us. The psalm teaches that God is a safe place where we can find peace, even amid chaos.
2. **Honesty in Prayer**  
David’s honesty in expressing his fears, frustrations, and doubts teaches us that we can approach God with complete transparency. We are not expected to hide our pain or confusion. God desires an open heart and a real relationship with His people, even when they are struggling.
3. **Trusting God’s Timing**  
In verses 14-15, David places his times in God’s hands. This is a reminder that God is in control of our lives, and we can trust Him even when things seem uncertain or delayed. God’s timing is always perfect, and He will deliver us at the right moment.

**4. Hope and Strength in God's Faithfulness**

The final verses of Psalm 31 encourage us to remain strong and hopeful, knowing that God's faithfulness will prevail. It is a call to perseverance and faith, reminding us that God has good things stored up for those who fear Him (verse 19). This hope is not based on our circumstances but on the unchanging character of God.

**5. Encouraging Others to Trust God**

The psalm ends with an exhortation for others to be strong and take heart (verse 24). This speaks to the communal aspect of faith, where believers are encouraged to lift each other up, share their stories of God's faithfulness, and strengthen each other's trust in the Lord.

**Conclusion**

Psalm 31 is a beautiful example of trusting God through times of trouble and distress. It teaches us to turn to God as our refuge, to be honest with Him in prayer, to trust in His timing, and to encourage others to do the same. Its message is timeless: no matter the circumstances, God is faithful to protect, deliver, and sustain those who trust in Him. It is a psalm that calls us to take heart, stand strong in our faith, and be confident in God's abundant goodness.