



## PSALM 31

### TRUSTING IN GOD

#### QUICK REVIEW

##### LESSON ONE

- » We must determine to put our trust in God.

##### LESSON TWO

- » We must continue to put our trust in God.

##### LESSON THREE

- » We need to realize that our times are in His hand.

#### ABOUT THIS PSALM

In this Psalm, David writes about: being in a trap, being in trouble, feeling sick, feeling that no one cared, being falsely accused, and being in fear for his life. It is somewhat fascinating that David recommended this Psalm to be used in worship. The truth however is that these are indeed the times when we need to put our trust in God.

##### AUTHOR

We are informed in the title that the author of Psalm 31 is David, the son of Jesse from Bethlehem. We cannot say conclusively what exact event was taking place. It is quite possible however that this Psalm was written concerning the time of Absalom's rebellion.

##### THEME

Psalm 31 is obviously about trusting in God. It is no wonder that Jesus quoted from this Psalm as He was hanging on the cross. It is no wonder that a deacon named Stephen quoted this Psalm in Acts 7:59 as he was being stoned to death by an angry crowd. David wrote this Psalm to be sung about what the answers are to one's problems when you are going through a great time of testing.

So what does the word trust mean anyway? Webster's dictionary says: "a firm belief in the honesty, truthfulness, justice or power of a certain person or thing. There are actually four words in the Hebrew language that are translated to "trust." Their definitions basically mean: to lean on, to cling to, to be convinced, and to stand firm. The word picture for "trust" in Hebrew means to lay down on your back in the presence of your enemy. That would definitely be the ultimate picture of having trust in God.

There are three lessons we can learn from Psalm 31:

- » ONE: We must make our own determination to put our trust in God;
- » TWO: We must then always continue to put our trust in God;
- » THREE: We must realize that our times are in God's hands. We must not only decide to trust God, but we must do so in each and every situation.

# PERSONAL APPLICATIONS//PSALM 31

## TRUSTING IN GOD

### NOTE

Listed below are some of the key verses from Psalm 31.

**Psalm 31:1-3:** “In You, LORD, I have taken refuge; let me never be put to shame; deliver me in Your righteousness. Turn Your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. Since You are my rock and my fortress, for the sake of Your name lead and guide me.”

### QUESTIONS

Have those in the group share about a time when you feel like you were being greatly tested. What steps did you take to trust God in the situation and how did it eventually turn out?

Discuss these seven steps in trusting the Lord.

1. Put God first in your life.
2. Commit yourself to God’s word.
3. Don’t depend on yourself
4. Communicate to God daily.
5. Listen to God’s voice
6. Run from anything wrong.
7. Rest in God’s love.

**PSALM 31:6:** “I hate those who cling to worthless idols; as for me, I trust in the LORD.”

### QUESTIONS

What are some of the idols that people put their trust in today?

**Psalm 31:5, 8, & 15:** “Into Your hands I commit my spirit; deliver me, LORD, my faithful God ... You have not given me into the hands of the enemy but have set my feet in a spacious place ... My times are in Your hands; deliver me from the hands of my enemies, from those who pursue me.”

### QUESTIONS

What was happening in Jesus’ life when He quoted verse 5? Why was that an appropriate time to quote it? What attitude or attitudes did David show in Psalm 31 that you want to develop in your life?

### CLOSING SCRIPTURES

- » Proverbs 3:5-7: “Trust in the LORD with all your heart and don’t lean on your own understanding; in all your ways submit to Him, and He will make your paths straight. Don’t be wise in your own eyes; fear the LORD and shun evil.”
- » Romans 15:13: “May the God of hope fill you with all joy and peace as you trust in Him, so that you may overflow with hope by the power of the Holy Spirit.”
- » II Timothy 1:12: “... I know whom I have believed, and am convinced that He is able to guard what I have entrusted to Him until that day.”