

## Psalm 31 New American Standard Bible

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

In You, O Lord, I have taken refuge; Let me never be ashamed; In Your righteousness deliver me. <sup>2</sup> Incline Your ear to me, rescue me quickly; Be to me a rock of strength,

A stronghold to save me. <sup>3</sup> For You are my rock and my fortress; For Your name's sake You will lead me and guide me. <sup>4</sup> You will 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 ransomed me, O Lord, God of <sup>[c]</sup>truth.

<sup>6</sup> I hate those who regard vain idols, But I trust in the Lord. <sup>7</sup> I will rejoice and be glad in Your lovingkindness, Because You have seen my affliction; You have known the troubles of my soul, <sup>8</sup> And You have not given me over into the hand of the enemy; You have set my feet in a large place.

<sup>9</sup> Be gracious to me, O Lord, for I am in distress; My eye is wasted away from grief, my soul and my body *also*. <sup>10</sup> For my life is spent with sorrow And my years with sighing;

My strength has failed because of my iniquity, And my body has wasted away.

<sup>11</sup> Because of all my adversaries, I have become a reproach, Especially to my neighbors, And an object of dread to my acquaintances; Those who see me in the street flee from me.

<sup>12</sup> I am forgotten as a dead man, out of mind; I am like a broken vessel. <sup>13</sup> 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. <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.

<sup>16</sup> Make Your face to shine upon Your servant; Save me in Your lovingkindness.

<sup>17</sup> Let me not be put to shame, O Lord, for I call upon You; Let the wicked be put to shame, let them be silent in Sheol. <sup>18</sup> Let the lying lips be mute, Which speak arrogantly against the righteous With pride and contempt. <sup>19</sup> How great is Your goodness, Which You have stored up for those who fear You, Which You have wrought for those who take refuge in You, Before the sons of men!

<sup>20</sup> 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. <sup>21</sup> Blessed be

the Lord,

For He has made marvelous His lovingkindness to me in a besieged city. <sup>22</sup> 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. <sup>23</sup> O love the Lord, all you His godly ones!

The Lord preserves the faithful And fully recompenses the proud doer.

<sup>24</sup> Be strong and let your heart take courage, All you who hope in the Lord.

### **We will use five tools on our expedition that are built around five questions**

What questions were provoked within you?

Did anything confuse you?

Did anything move you emotionally?

Did God instruct you to do something?

Did you gain any insight into God's character?

### **Paul's Questions and incites**

1. David conveys in this Psalm a man who has had a weary journey and yet has known the favour of the Lord.
2. In this Psalm we see some references to the things Jesus said on the cross.
3. Why does David ask God 'that he may not be ashamed' just after he made the declaration he 'had taken refuge in God'?
4. What is it for God to incline an ear to the prayers of David?
5. David is not afraid to ask God for the blessing of protection. Why are Christians less bold to do the same?
6. David makes reference to God's name being on the line if he is overcome by his enemy.
7. How much do you value the name of God?
8. David discovered during his life God would always deliver him if he surrenders to Him.
9. 'Into your hands I commit my spirit' – the very same words Jesus used on the cross.
10. The surrender of our spirits is to not trust in ourselves but to put our trust in God.
11. David knows God is the God of truth. Do you know this truth too?
12. David hates his enemy, those who turn to other Gods. How do you feel about hating your enemy in light of what Jesus said about loving your enemy.
13. Do you know how to rejoice in God's blessing on your life with praise and exultation or are you unmotivated?
14. To rejoice even though you are not blessed.
15. What are the troubles of your soul? Do you know God knows what they are?
16. What is He doing about those trials? What are you letting Him do?
17. Is God's grace in you?
18. To have your feet set in a large place is to know security for your feet.
19. What happens when our soul is in distress?
20. Have you learnt to receive deliverance from the Lord?
21. Rebellion and sin make your life a misery, your body will suffer the consequences.

22. When your enemy is able to mock you as a believer something has gone with regards to God's blessing on your life.
23. Do you feel like a broken vessel? What has gone wrong?
24. When we are under pressure attack have we learnt to trust in God by making declarations of truth to ourselves like David did?
25. How does God rescue and deliver Christians from their enemy?
26. David is not afraid to ask for God's intervention.
27. When the wicked are put to shame the goodness of God wins.
28. Only the wicked are going to sheol.
29. Can you declare the testimony of the goodness of God on your life?
30. What is the secret place of God's presence?
31. God knows how to protect us from the liar.
32. What does God's loving kindness mean?
33. When we were cut off from God He heard our cry for help.
34. David exhorts Godly ones to love the Lord
35. How do we get get strong in the Lord and take courage?