

# Into Your Hands

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- [ 0 : 0 0 ]     As we come this evening, we're going to look at Psalm 31. And this is a psalm that has much to do with trust.
- And one of the things with trust is that I think it's something that's much more needed in times of distress than in times of ease.
- And I was thinking of seatbelts. When I get into my van and put on the seatbelt, I don't think much about it because rarely have I ever needed the seatbelt actually in the van.
- But then I thought of those moments when I'm at the amusement park and I sit in that roller coaster and the belt comes on. At that moment, I'm a little more concerned about the viability of that belt that I'm wearing.
- Because I know I'm going to be in distress. Yes. But I know that I'm going to need that seatbelt to work. So when we come and we think of trusting in God, the moments of distress will lead us to an even greater trust.
- [ 1 : 0 8 ]     As we come and look at this psalm, I want you to think I'm about to read the first five verses of the psalm. And what we're going to find there is going to be a proclamation of trust by the psalmist.
- And words that are repeated here in these first five verses are rock, fortress, and refuge. Let me read those verses for us.
- In you, O Lord, do I take refuge. Let me never be put to shame. In your righteousness deliver me. Incline your ear to me.
- Rescue me speedily. Be a rock of refuge for me. A strong fortress to save me. For you are my rock and my fortress. For your namesake you lead me and guide me.
- You take me out of the net that they have hidden for me. For you are my refuge. Into your hand I commit my spirit. You have redeemed me, O Lord, faithful God.
- [ 2 : 1 6 ]     As we come, I want to focus there on the verse five. Into your hand I commit my spirit. Perhaps that phrase strikes a moment of recognition with you.
- Because it's said later in scripture. It's what Jesus says in his great moment of distress. In his great moment of distress he says to God, Into your hand I commit my spirit.
- So we find Jesus at that moment trusting in God. And as the psalm continues, It speaks of the psalmist's distress.
- The difficulty that the psalmist is facing. In fact, here are the terms that are going to be used As I read through the next few verses. I want you to think about these words. Here's what you're going to hear. You're going to hear about distress.
- Affliction. Enemy. Grief. Sorrow. Sighing. Fails. Waste away. Adversaries. Reproached. Dead. Flee. Broken. And terror. All these things will be mentioned.
- [ 3 : 1 7 ]     Let me read verses 6 through 13 for us. I hate those who pay regard to worthless idols. But I trust in the Lord. I will rejoice and be glad in your steadfast love.
- Because you have seen my affliction. You have known the distress of my soul. And you have not delivered me into the hand of the enemy. You have set my feet in a broad place.

Be gracious to me, O Lord. For I am in distress. My eye is wasted from grief. My soul and my body also. For my life is spent with sorrow.

And my years with sign. My strengths fail because of my iniquity. And my bones waste away. 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. I have been forgotten like the one who has died.

[ 4 : 14 ] I have become like a broken vessel. For I hear the whispering of many. Terror on every side. And they scheme together against me. And they plot to take my life.

And in that moment of distress, the psalmist then will come. Here in the following verses. And seek the favor of God. He will seek God's intervention.

Recognizing the great difficult situation that he is in. He says, God in you I will seek. Let me read that for us. Beginning in verse 14. But I trust in you, O Lord.

I say, you are my God. My times are in your hand. Rescue me from the hands of my enemies. And from my persecutors. Make your face shine on your servant.

Save me in your steadfast love. O Lord, let me not be put to shame. For I call upon you. Let the wicked be put to shame. Let them go silently to shame.

[ 5 : 16 ] Let the lying lips be mute. Which speak entirely against the righteousness. In pride and contempt. Oh, how abundant is your goodness.

Which you have stored up for those who fear you. And work for those who take refuge in you. In the sight of the children of mankind. 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. As the psalmist has come and proclaimed his distress.

And has sought God's intervention. Sought God's favor in that moment. We now find the psalmist switching to praise. Praise for the deliverance that will come from God.

In this psalm. We find almost a story being told. As the psalmist lays out. A moment of trust at the beginning. It says, look what's happened.

[ 6 : 15 ] Look what the situation am I in. God, I believe you can do something about it. And finally the psalmist says, yes God. You will do something about it. And I'm going to give you praise for that. Let me read beginning in verse 21.

Blessed be the Lord. For he has wonderfully shown his steadfast love to me. When I was in a besieged city. I have 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. Love the Lord. All you his saints. The Lord preserves the faithful.

But abundantly repays the one who acts in pride. Be strong. And let your heart take courage. All you who wait for the Lord.

When we are in distress. Let us trust the Lord. Let me reread verses 23 and 24. Love the Lord.

[ 7 : 18 ] All you his saints. The Lord preserves the faithful. But abundantly repays the one who acts in pride. Be strong. And let your heart take courage.

All you who wait for the Lord. Let me pray. God we come. And ask that the words of the psalmist would be our right.

God that we would indeed take courage in you. God that we would indeed wait for you. Because God we do know. That you will rescue us.

And you will deliver us. So God we come. And thank you for the great deliverance. That you have provided in our life thus far. God we're thankful for the great deliverance. That you have provided.

And sending your son Jesus Christ. So that he might die on our behalf. And God we come. And as we look forward. To that which you have before us. God we know that you will deliver us.

[ 8 : 14 ]    Regardless of the situations that we face. God we come and give you praise this evening. Amen.