



Title | Three Truths from a Trial
Text | Psalm 31:1-24
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Date | July 14, 2024

Sermon Notes

Psalm 31¹In you, O LORD, do I take refuge; let me never be put to shame; in your righteousness deliver me! ²Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me! ³For you are my rock and my fortress; and for your name's sake you lead me and guide me; ⁴you take me out of the net they have hidden for me, for you are my refuge. ⁵Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.

⁶I hate those who pay regard to worthless idols, but I trust in the LORD. ⁷I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, ⁸and you have not delivered me into the hand of the enemy; you have set my feet in a broad place.

⁹Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief; my soul and my body also. ¹⁰For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away. ¹¹Because 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. ¹²I have been forgotten like one who is dead; I have become like a broken vessel. ¹³For I hear the whispering of many— terror on every side!— as they scheme together against me, as they plot to take my life.

¹⁴But I trust in you, O LORD; I say, "You are my God." ¹⁵My times are in your hand; rescue me from the hand of my enemies and from my persecutors! ¹⁶Make your face shine on your servant; save me in your steadfast love! ¹⁷O 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 Sheol. ¹⁸Let the lying lips be mute, which speak insolently against the righteous in pride and contempt.

¹⁹Oh, 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! ²⁰In the cover of your presence you hide them from the plots of men; you store them in your shelter from the strife of tongues.

²¹Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was in a besieged city. ²²I 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.

²³Love the LORD, all you his saints! The LORD preserves the faithful but abundantly repays the one who acts in pride. ²⁴Be strong, and let your heart take courage, all you who wait for the LORD!

Big Idea:

Psalm 31:15a

My times are in your hand; *ESV*

For Reflection and Application:

Monday:

In a trial or any circumstance, does “pain avoidance” play the primary part in your thinking and behaviors? How do you respond to the pain in your life? Do you try to address your pain by ignoring it or fixing it at all costs, or do you use it as an opportunity to pray to God about your unmet desires and to grow in faith? (Psalm 31:1-5)

Tuesday:

David was in great danger when a powerful opposing group conspired to harm him. David likely used the resources available but ultimately saw the Lord as the One who would lead and guide him out of the snare they laid for him. David asked God to be a rock of refuge, a strong fortress for him. While we are all frail and struggle with fear and doubt, in our difficult circumstances, we can grow in trusting God with the outcome through prayer. Can you list the difficult circumstances in your life, create a prayer plan to pray for your growth and outcomes, and trust the Lord with the results? (Psalm 31:14-18)

Wednesday:

We often have tunnel vision in a trial while experiencing pain and miss the abundance of God’s goodness available to us in our everyday lives. The sum total of everything we receive from God allows us to enjoy the life He has given us, even in our pain. Can you evaluate through prayer if you cannot see God’s goodness in the middle of your circumstances and ask God for the grace to see His goodness to us from His Word and the beauty of life? (Psalm 31:19-20)

Thursday:

David experienced the fear that he was cornered and cut off from God’s love. David subsequently reflected on God’s loyal love for him. We are not isolated and unloved people who appeal to an uncaring and unrighteous judge, but we are beloved children of God who share our pain, requests, and love with our loving Heavenly Father who sees and hears us (Luke 18:1-8). In difficulty, do you question God’s love for you? Do you believe that God loves you? (Psalm 31:21-22)

Friday:

David shares with the assembly, “Love the Lord, all you his saints!” The Lord is trustworthy with our future, provides abundant goodness to us, and loves us beyond measure. Can you share your joy of His goodness with another? (Psalm 31:23-24)

Daily Prayer:

Lord, in this difficult season of my life, please give me the strength to trust you with my future, to see Your abundant goodness that contributes to my life, and to embrace the beauty of Your love to me. We love you, Lord. Amen.

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