

PSALM 31 – The LORD a Fortress in Adversity – Into Your Hand I Commit My Spirit!

8/24/19 – Sat. Morn. Prayer - P. Twente, www.ptwente.com 714 425-9221; ptwente@gmail.com

A Mighty Fortress is Our God! – Martin Luther - Ford

1 A mighty fortress is our God, a bulwark never failing; our helper He, amid the flood of mortal ills prevailing. For still our ancient foe does seek to work us woe; His craft and power are great, and armed with cruel hate, on earth is not His equal.

2 Did we in our own strength confide, our striving would be losing, were not the right Man on our side, the Man of God's own choosing. You ask who that may be? Christ Jesus, it is He; Lord Sabaoth His name, from age to age the same; and He must win the battle.

3 That Word above all earthly powers no thanks to them abideth; the Spirit and the gifts are ours through Him who with us sideth. Let goods and kindred go, this mortal life also; the body they may kill: God's truth abideth still; His kingdom is forever!

PSALM 31 – From the title of this Psalm, it is addressed to the Chief Musician, which says it was to be a song at times of worship. The tenor of David's problems, prayers and praises shows that songs sung to the LORD need not be restricted to just praising Him in joy and thanksgiving for good, enjoyable things only, but also for expressing our painful and heart wrenching difficulties as well as the wonderful powerful and compassionate help from our LORD in giving us all and more than all we need. The occasion of the writing of the Psalm is not given. Thoughts of David's difficulties during times of being chased by Saul, being trapped in Keilah, come to mind, but it seems that the tragedy of fleeing Jerusalem during Absalom's attempt to overthrow and kill David, seems to fit best. David likely wrote this Psalm as an older man at a time when his position of power and authority as king of Israel would be secure for the rest of his life, but here we can see that in one day, everything can change. The powerful king, with many resources, becomes a fugitive fleeing Jerusalem and running for his life into the Judean wilderness. What an example for us, when our life gets completely overturned, in taking everything to the LORD and trusting in Him!

PSALM 31 – Praise Directed Toward the LORD in Time of Trial - Into Your Hand I Commit My Spirit - To the Chief Musician. A Psalm of David.

- This Psalm speaks of the importance of verbalizing out loud praise and worship to the LORD. We can be thinking something, processing something, between us and the LORD, but if you take that processing of a trial or difficulty with the LORD and cease dealing with it silently and you start to talk to God out loud concerning the issue, a completely different dynamic occurs! We're more focused on what it is that we're saying. We realize we're in a conversation with God. We're not drifting in and out of it. So, the importance of verbalizing our praise, our worship to the LORD, especially in the midst of trials, giving Him worship, giving Him praise! The supreme reason is that **He is always worthy of it**, even if I feel I'm being overwhelmed by the trial now! Not to praise Him as a manipulation to get something out of Him for ourselves.

Vs. 1-6 David Pleads for Help;

Psa 31:1 In You, O LORD, I put my trust; Let me never be ashamed; Deliver me in Your righteousness.

- David begins with a prayer for deliverance and protection from the LORD in the light of the trial that he's in.

Psa 31:2 Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me.

- Be my solid rock and my defense in this trial, the sooner the better!

Psa 31:3 For You are my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me.

- David begins this verbal confession. He has called on God to deliver him. Now he is going to verbally confess the greatness of the God to whom he has asked for deliverance.
- Not for God's sake! But for David's sake! God already knows! But David had a need to be reminded of God's strength and protection in his own life. But also lead and guide me for Your name's sake

Psa 31:4 Pull me out of the net which they have secretly laid for me, For You are my strength.

- He is depending on God for deliverance from the trap his enemies have set.

Psa 31:5 Into Your hand I commit my spirit; You have redeemed me, O LORD God of truth.

- We see David possibly fleeing from Absalom, leaving everything behind, these are the things he begins to

profess, concerning God, so he can maintain perspective.

- Quoted also by our Lord Jesus Christ on the cross (**Luke 23:46**), as well as Stephen's intent when he was martyred (**Acts 7:59**).

Psa 31:6 I have hated those who regard useless idols; But I trust in the LORD.

- David expresses his trust, even while fleeing for his life!

Vs. 7-8 Gratitude for Mercies Received;

Psa 31:7 I will be glad and rejoice in Your mercy, For You have considered my trouble; You have known my soul in adversities,

Psa 31:8 And have not shut me up into the hand of the enemy; You have set my feet in a wide place.

- A wide, large, gracious place that's broad and safe! I'm not on shaky ground, but you have made my enemies to be the ones on shaky ground! You have promised that Solomon is going to follow me!

Vs. 9-13 David Describes His Case;

Psa 31:9 Have mercy on me, O LORD, for I am in trouble; My eye wastes away with grief, Yes, my soul and my body!

- David cries out honestly! You can always tell God the truth! (**Ps. 62:8**) *Trust in Him at all times, you people; Pour (spill everything out!) out your heart before Him; God is a refuge for us.* Tell Him everything!

Psa 31:10 For my life is spent with grief, And my years with sighing; My strength fails because of my iniquity, And my bones waste away.

- He is describing the physical toll that this trial is taking on it. This is going to be the death of me! This thing is aging me years by the day! My strength fails! My bones waste away!

Psa 31:11 I am a reproach among all my enemies, But especially among my neighbors, And am repulsive to my acquaintances; Those who see me outside flee from me.

- He is talking about the emotional toll. The public humiliation that this was! He's been Israel king for decades, deserving respect, but now on one day, his name is mud. He's running for his life.

Psa 31:12 I am forgotten like a dead man, out of mind; I am like a broken vessel.

- David is thinking those in Jerusalem must be thinking, we've gotten him out this city. We will never see him again. They already have me replaced! Already a forgotten man, like a broken and shattered vessel.

Psa 31:13 For I hear the slander of many; Fear is on every side; While they take counsel together against me, They scheme to take away my life.

- He knew this was a life-threatening situation. He knew they wouldn't be satisfied until he died.

Vs. 14-18 Vehemently Pleads for Deliverance; This is like an explosion occurs. Here's where the praise begins!

Psa 31:14 But as for me, I trust in You, O LORD; I say, "You are my God."

- Now David starts to see God, not in the light of his circumstances, but he starts to see his circumstances in the light of God!
- I trust in You, O LORD - all right! Somebody just ate some spinach, spiritually speaking! It's just the dynamic of what happening between him and God! In the middle of my trial – **I trust in You, O LORD!!!** It does something good for us to say that. It feels good in our spiritual being, not just in our physical bodies!
Wow!

Psa 31:15 My times are in Your hand; Deliver me from the hand of my enemies, And from those who persecute me.

- A couple of verses ago, he was talking like he was as good as dead! Now instantly, he is re-thinking the whole thing. Wait a second! God numbers my days, not my enemies! Something very good is happening!

Psa 31:16 Make Your face shine upon Your servant; Save me for Your mercies' sake.

Psa 31:17 Do not let me be ashamed, O LORD, for I have called upon You; Let the wicked be ashamed; Let them be silent in the grave.

Psa 31:18 Let the lying lips be put to silence, Which speak insolent things proudly and contemptuously against the righteous.

Vs. 19-22 David Shows by the Bearing of His Case Upon All the People of God.

Psa 31:19 Oh, how great is Your goodness, Which You have laid up for those who fear You, Which You have prepared for those who trust in You In the presence of the sons of men!

Psa 31:20 You shall hide them in the secret place of Your presence From the plots of man; You shall keep them

secretly in a pavilion From the strife of tongues.

Psa 31:21 Blessed be the LORD, For He has shown me His marvelous kindness in a strong city!

Psa 31:22 For I said in my haste, "I am cut off from before Your eyes"; Nevertheless You heard the voice of my supplications When I cried out to You.

- So here he is, regretting what he said earlier, in the light now of what praise and worship has produced in him, the perspective that it's brought!

Psa 31:23 Oh, love the LORD, all you His saints! For the LORD preserves the faithful, And fully repays the proud person.

- Now, David has gone to preaching. He's gone from worshipping the LORD himself. He's feeling it! It's the work of the Holy Spirit in the life of a child of God. Now he's going to put a choir together!! Get everybody understanding this about the LORD!

31:24 Be of good courage, And He shall strengthen your heart, All you who hope in the LORD.

- So, this beautiful, beautiful Psalm again emphasizing to us the importance of articulating our praise and our worship to the LORD!

SUMMARY:

- **There is a benefit as whenever we bless and praise the LORD.** It's always good for us. May we praise the LORD out loud. **We praise Him for His power**, which then I process my current problem in the light of His power. That bring perspective to me. If I **praise Him for His love**, now I'm processing the trial in the light of the greatness of His love. If I **praise Him for His faithfulness**, then that realization the He is always faithful begins to impact me and how I'm viewing my trial in the light of His faithfulness! The result is that little by little as we worship Him and give Him praise verbally, our problem which initially seems so large, eating up everything in sight, when we begin to praise the LORD for who and what He is, **now we begin to see that trial in the light of His greatness.** By the time we get done praising Him and worshipping Him verbally, **then soon we're seeing our problem in the greatness of God's power, in the proper perspective!** Praising and worshipping the LORD is a very key and important part of the Christian life!

VICTORY IN JESUS – E.M. Bartlett Joslin Grove Choral

I I heard an old, old story, How a Savior came from glory, How He gave His life on Calvary, To save a wretch like me; I heard about His groaning, Of His precious blood's atoning, Then I repented of my sins And won the victory.

Chorus: O victory in Jesus, My Savior, forever. He sought me and bought me With His redeeming blood; He loved me ere I knew Him, And all my love is due Him, He plunged me to victory, Beneath the cleansing flood. 2 I heard about His healing, Of His cleansing power revealing. How He made the lame to walk again And caused the blind to see; And then I cried, "Dear Jesus, Come and heal my broken spirit," And somehow Jesus came and bro't To me the victory. (Chorus)

3 I heard about a mansion He has built for me in glory. And I heard about the streets of gold Beyond the crystal sea; About the angels singing, And the old redemption story, And some sweet day I'll sing up there The song of victory. (Chorus)

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Pray for World Leaders, especially their salvation, including: Xi Jinping – China; Narendra Modi- India; Donald Trump – USA; Joko Widodo - Indonesia; Jair Bolsonaro - Brazil; Arif Alvi - Pakistan; Muhammadu Buhari - Nigeria; Hasina Wazed - Bangladesh; Vladimir Putin- Russia; Lopez Obrador – Mexico. Benjamin Netanyahu – Israel; Angela Merkel – Germany; Theresa May – U.K.; Kim Jong-un – North Korea; Moon Jae-in – South Korea.

PRAY FOR OUR CHURCH/PERSECUTED CHURCH; SCHOOLS; POLICE OFFICERS/MILITARY; ISRAEL: