



Words of Wisdom, Beauty, and Delight:
A Summer Series in the Psalms

Psalm 31 | Deliverance

“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.

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Keep me free from the trap that is set for me, for you are my refuge.

Into your hand I commit my spirit; you have redeemed me, O Lord, faithful God. I hate those who cling to worthless idols; as for me, I trust in the Lord.

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I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. You have not given me into the hands of the enemy but have set my feet in a spacious place.

Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief.

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My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.

Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me.

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I am forgotten as though I were dead; I have become like broken pottery. For I hear many whispering, “Terror on every side!” They conspire against me and plot to take my life.

But I trust in you, Lord; I say, “You are my God.” My times are in your hands; deliver me from the hands of my enemies, from those who pursue me.

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Let your face shine on your servant; save me in your unfailing love. Let me not be put to shame, Lord, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead.

Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous.

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How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.

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Praise be to the Lord, for he showed me the wonders of his love when I was in a city under siege.

In my alarm I said, “I am cut off from your sight!” Yet you heard my cry for mercy when I called to you for help.

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Love the Lord, all his faithful people!

The Lord preserves those who are true to him, but the proud he pays back in full.

Be strong and let your heart take courage, all you who hope in the Lord.”

Psalm 31 NLT

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Verses 1-2

“In you, LORD, I have taken refuge; let me never be put to shame; deliver me in your righteousness. ...come quickly to my rescue

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Verses 9-10

“Be merciful to me, LORD, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak.”

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Verse 11

“Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me.

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Verse 12

I am forgotten as though I were dead; I have become like broken pottery. For I hear many whispering, “Terror on every side!” They conspire against me and plot to take my life.

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1. God sends pain because he loves us so much. “You must be loved a lot by God if he sent this to you.”

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2. God sends pain because we’re being punished. “This wouldn’t have happened if I hadn’t ____.”

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2. God sends pain because we’re being punished. “This wouldn’t have happened if I hadn’t _____”
- 3. God sends suffering as a trial, to test us, to see if our faith is strong. “God is teaching me a particular lesson and building my faith. God tests us to see if we “pass the test.”**

1. God sends pain because he loves us so much.
2. God sends pain because we're being punished.
3. God sends suffering as a trial, to test us, to see if our faith is strong.
- 4. God sends the hurt for reasons we can't understand. "It's God's will for me to have this and I must just accept it."**

“Not one of these 4 beliefs is an accurate approach for understanding suffering. The major premise in all of these is false. **God does not send suffering to us.**”

Praying Our Goodbyes, Joyce Rupp

Verse 5

“Into your hand I commit my spirit; you have redeemed me, O Lord, my faithful God. I hate those who cling to worthless idols; as for me, I trust in the Lord.”

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“We come to suffering under the weight of jam-packed strategies we’ve used to cope with insecurity our entire lives. The tools we use to escape the fog of suffering are the same we’ve always used to protect ourselves from the pain in life.

Suffering attacks our baggage, exposing the strategies we've used to keep ourselves from feeling vulnerable. We spend so much of life busying ourselves to avoid feeling empty, amassing wealth to avoid feeling out of control, reading books to avoid seeming incompetent, and growing a career to avoid feeling purposeless.

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We find security in power, knowing the right answers, appearing interesting, and filling our time and our bellies with exciting experiences and flavors.

We fill ourselves with all that is not God to stomach the emptiness of not having what our souls were made for—perfect, complete, faithful love.”

This Too Shall Last, K.J. Ramsey

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You are my rock and my fortress. Into your hand I commit my spirit; you have redeemed me, I trust in the Lord.

Let your face shine on me; save me in your unfailing love.

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Praise be to the Lord, for he showed me
the wonders of his love when I was in a
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The life of a believer “is shaped by the singular reality that God’s people belong to the future that has already come present.... ***they live the life of the future in the present, no matter what their present circumstance.***”

Gordon Fee

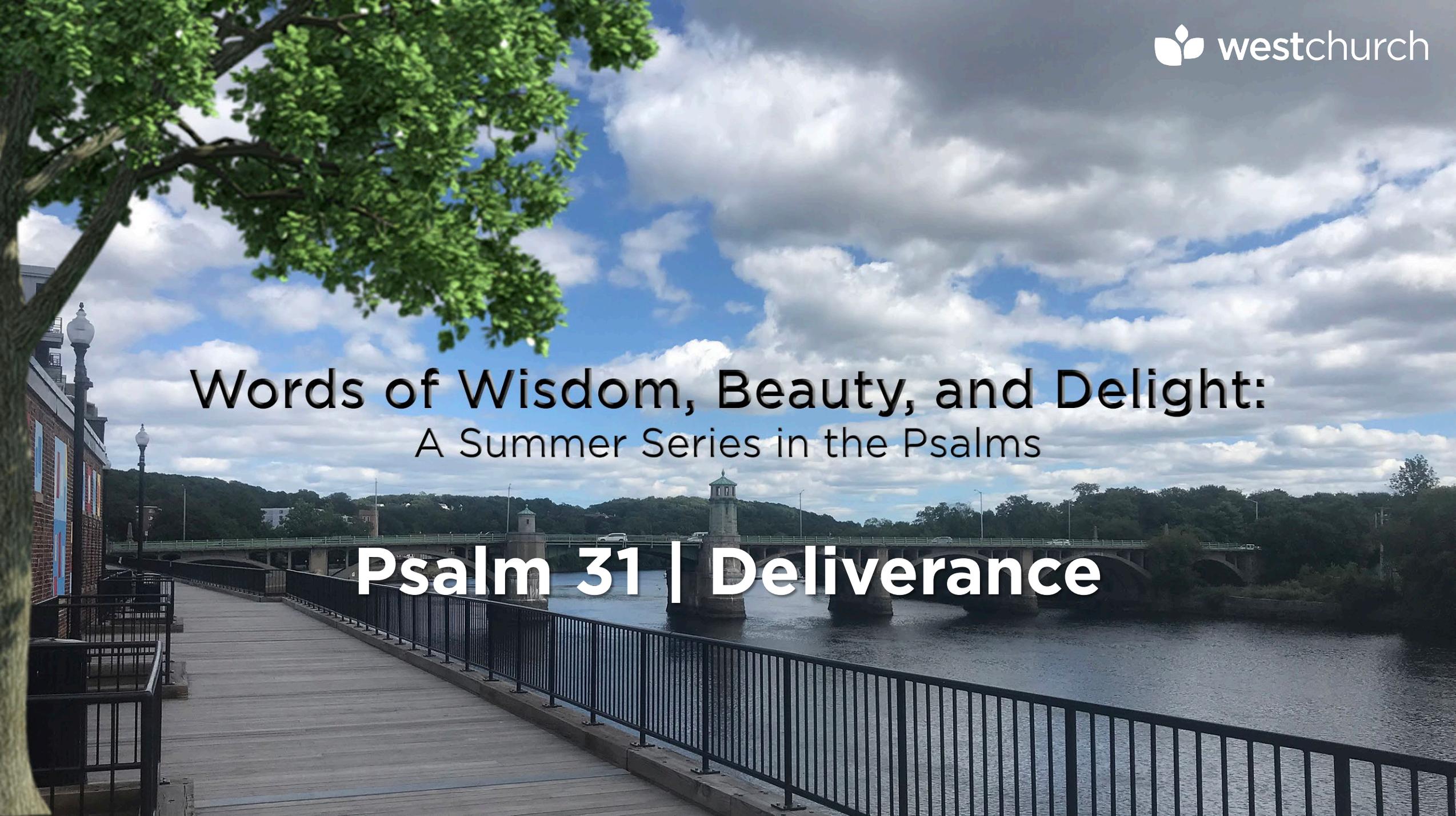
1 John 5:19-20

“We know that we are children of God, and that the whole world is under the control of the evil one. (It’s broken and sin-bound) We know also that the Son of God has come (into the human condition) and has given us understanding (he understands and helps us to understand),

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so that we may know ***him*** who is true. And we are ***in him*** who is true by being in his Son Jesus Christ. He is the true God and ***eternal life*** (life NOW in His kingdom under His kingdom rule).”



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