

My Times Are in Your Hands

Psalm 31:14-24

1. _____ in the LORD (v. 14-18)
 - a. _____ of trust
 - i. You are my _____
 - ii. My _____ in your hand
 - b. Calling upon the Covenant _____
 - i. Rescue from _____
 - ii. Reminder of high _____ blessing
 - iii. “_____ me in your hessed”
 - c. _____ treatment of enemies
 - i. _____ and silence to Sheol
 - ii. From haughty insolence to _____
2. _____ in the LORD (v. 19-22)
 - a. Abundant _____ of God
 - i. Stored up for those who _____ God
 - ii. Made _____ for those seeking His refuge
 - b. Active _____ of God
 - i. Hiding his people from _____ of men
 - ii. _____ hessed in the city of affliction
 - iii. Answered cry despite errant _____
3. Take _____ in the LORD (v. 23-24)
 - a. Call for the faithful to _____ the LORD
 - i. Reminding them of His _____
 - ii. Reminding them of His _____
 - b. Call for the faithful to be _____
 - i. This will strengthen their _____
 - ii. This is for those “_____ for the LORD”

But the LORD is the true God; he is the living God and the everlasting King. At his wrath the earth quakes, and the nations cannot endure his indignation. (Jeremiah 10:10)

[Jesus] said to them, ‘It is not for you to know times or seasons that the Father has fixed by his own authority.’ (Acts 1:7)

Follow-Up Questions

Read Romans 10:8-13 and Matthew 10:32-33. How important is our public profession of faith? Are you able to join the psalmist in front of anyone and repeat Psalm 31:14?

What is meant by “my times are in your hand?”

1. Read Psalm 90:9-10 and Job 1:20-22. Do you believe that your times are in God’s hand? Are you content with this?
2. Read 1 Corinthians 10:31-11:1 and Ephesians 5:15-16. Does belief in God’s sovereignty over our “times” mean we just sit back and sing “Que sera, sera?” Why not?

By what right does the psalmist demand action from God?

3. Read 2 Samuel 23:5. How does David understand the covenant that the LORD made with him (2 Samuel 7)?
 - a. Ponder the eternal nature of the covenant.
 - b. Ponder the character and actions of the Covenant-Maker. On what does our salvation rest?

On verse 18, commentator Allen Ross writes, “that their lying lips should be silenced. ‘Lying lips’ is literally ‘lips of falsehood,’ and ‘falsehood’ is the attributive genitive that describes what they say – it is false. He is not referring to every word they say, but what they say against the righteous. This would include denial of the truth, ridicule of the faith, false accusations, taunts, and threats. What they say is antagonistic because it is said boldly against the righteous with arrogance and contempt.”

1. Can you name such speech we want God to silence today?
2. Despite our assurances in God’s treasures and protections, do you, like the psalmist in v. 22, ever doubt God’s grace?

In contemplating God’s protection of His people and God’s judgment of His enemies, do you ever call upon other believers to respond with love for God, courage in difficult times, and the patience to wait on the Lord?