

Psalm 31:1-5

Total Trust in God

Text: Psalm 31:1-5

Introduction:

1. God had promised that the seed of woman would crush the head of the serpent and the enemy of man would be defeated (Genesis 3:15).
2. He showed that this victory would include blessedness for all through the seed of Abraham (Genesis 12:1-3).
3. This Victor would be a mediator (Job 19:23-27), a ruler (Genesis 49:10), a star (Numbers 24:17), a prophet (Deuteronomy 18:15-19), a priest (1 Samuel 2:35), and a king (1 Samuel 2:10) - ruling from the throne of David (1 Chronicles 17:11-14).
4. During the time of David, the "sweet psalmist of Israel" (2 Samuel 23:1) recorded many prophecies of Jesus in the Psalms.
5. Psalm 31 reveals the Messiah's complete trust in God...

I. THE SETTING OF THE PSALM

- A. This psalm is identified as "a psalm of David."
- B. It is inscribed: "To the Chief Musician" - indicating that it was to be sung in worship.
- C. The context seems to indicate that this psalm was written during the time of Absalom's rebellion against David (2 Samuel 15, 18).
- D. Because there is much sadness in the psalm, some claim that it was written by Jeremiah; however, there is no good evidence to support this claim.
- E. The psalm divides into five sections:
 1. Verses 1-5 - Refuge
 2. Verses 6-8 - Rejoicing
 3. Verses 9-13 - Remorse
 4. Verses 14-18 - Recovery
 5. Verses 19-24 - Recognition

II. THE STUDY OF THE PSALM (PSALM 31:1-5)

- A. While the entire psalm will not be studied in this lesson, it is about trust throughout.
- B. In this section, David trusts in God as a place of refuge.
- C. He makes seven requests of the Lord: *{The cry of those in need in every age!}*
 1. "Deliver me"
 2. "Hear me"
 3. "Defend me"
 4. "Lead me"
 5. "Guide me"
 6. "Save me"
 7. "Redeem me"
- D. He uses three figures of speech to describe God's power:
 1. "A Strong Rock"
 2. "A House of Defense"
 3. "A Mighty Fortress"

Prophecy of Jesus

- E. Finally, David gives his statement of total trust in God: “Into thine hand I commit my spirit.”
 - 1. Literally, David states, “Into your hand I deposit (appoint or assign) my life.”
 - 2. With total trust, David committed his life and all its difficulties to the care of God.
- F. The Christian must learn to do the same – in life and in death.
 - 1. Material wealth (Matthew 6:19-20; 19:21)
 - 2. Life of service and sacrifice (2 Timothy 1:12)
 - 3. Eternal soul (Acts 7:59)

III. THE SAVIOR IN THE PSALM (PSALM 31:5)

- A. These words during David’s life served as the final words of Jesus before His death (Luke 23:46).
- B. Like David, Jesus demonstrated total trust in God.
- C. The Seven Sayings from the Cross:
 - 1. Luke 23:34 – Forgiveness
 - 2. Luke 23:43 – Salvation
 - 3. John 19:25-27 – Provision (Relationship)
 - 4. Mark 15:34 – Suffering (cf. Matthew 27:46)
 - 5. John 19:28 – Distress (Need of humanity)
 - 6. John 19:30 – Completion (Faithfulness)
 - 7. Luke 23:46 – Trust (Reunion)
- D. Upon making this statement, Jesus yielded up His spirit and died.
- E. All should strive to leave this world with a mind focused on God and heart filled with trust in His loving grace.