

## Psalm 31:1-8

- <sup>1</sup> In You, O LORD, I have taken refuge;  
Let me never be ashamed;  
In Your righteousness deliver me.
- <sup>2</sup> Incline Your ear to me, rescue me quickly;  
Be to me a rock of strength,  
A stronghold to save me.
- <sup>3</sup> For You are my rock and my fortress;  
For Your name's sake You will lead me and guide me.
- <sup>4</sup> You will pull me out of the net which they have secretly laid for me,  
For You are my strength.
- <sup>5</sup> Into Your hand I commit my spirit;  
You have ransomed me, O LORD, God of truth.
- <sup>6</sup> I hate those who regard vain idols,  
But I trust in the LORD.
- <sup>7</sup> I will rejoice and be glad in Your lovingkindness,  
Because You have seen my affliction;  
You have known the troubles of my soul,
- <sup>8</sup> And You have not given me over into the hand of the enemy;  
You have set my feet in a large place.

## God Our Strength

Have you ever faced a season of trial, transition, or utter chaos? When you're walking through difficult times do you feel like praising God or being super happy? It's a difficult and sensitive issue: rejoicing. But according to the Psalms, God doesn't ask us to mask our emotions and muster up a smile. Let's look at what God says in this portion of Psalm 31.

1. Mark the **LORD** including all the pronouns (*You, Your, LORD, God*).

**Reflect:** What did you learn about the LORD? What words or attributes are used to describe Him?

2. Read the passage again and underline every reference to the **author** of this Psalm (*I, me, my*).

**Reflect:** What actions has the Psalmist taken? What does that say about his relationship with the LORD? What has the LORD done or what will He do for the psalmist?

**Reflect:** Looking at verses 7 and 8 specifically, what are the author's reasons for choosing to rejoice and be glad?

The reason given in this passage for rejoicing is God's lovingkindness and what the psalmist believes about the LORD. Isn't it comforting that in the midst of affliction and trouble God sees, knows, protects, and establishes you? How does this Word change your perspective on your struggles and things that trouble you? What about the season you're currently in, and its "everyday" issues?