

Series: Pathway Through Psalms

IN THEE O LORD DO I PUT MY
TRUST
PSALMS 31

Text: Psalms 31:1

Psalm 31:1

¹In thee, O LORD, do I put my trust; let me never be ashamed: deliver me in thy righteousness.

Introduction:

The overall tone of this psalm is a combination of affliction and assurance. David has discovered grace during his grief and triumph during his trials.

Having placed his trust in the Lord, David was able to sing this song of praise during a very problematic time of life.

Notice:

1. THE CRY OF THE PSALMIST (VS. 1-4)

A. His Proclamation (vs. 1)

Psalm 31:1

¹ ***In thee, O LORD, do I put my trust; let me never be ashamed: deliver me in thy righteousness.***

- David, though facing affliction had resolved to place his faith and trust in God
- He had resolved to stand with great determination he called upon the Lord

Note not only His Proclamation but also:

B. His Plea

Psalm 31:1-2

¹ *In thee, O LORD, do I put my trust; let me never be ashamed: deliver me in thy righteousness.* ² ***Bow down thine ear to me; deliver me speedily: be thou my strong rock, for an house of defence to save me.***

- David called upon God and asked the Lord to hear him and help him.
- David describes the God as a strong rock and a house of defense to describe the help of God during this hard and difficult time.

Note not only His Proclamation and Plea but also:

C. His Provision (vs. 3)

Psalm 31:3

³ For thou art my rock and my fortress; therefore for thy name's sake lead me, and guide me.

David needed the leadership of God and the guidance of God

Note that the rock and fortress are stationary places and the weary traveler can dwell; but David also needed the Lord to lead and guide him in his journey.

We too are grateful for the stability found in the rock and fortress but we too need for God to lead us and to guide us moment by moment.

Note not only His Proclamation, Plea, and Provision but also:

D. His Protection (vs. 4)

Psalm 31:4

⁴ Pull me out of the net that they have laid privily for me: for thou art my strength.

- “Pull me out” implies that David had slipped and fallen – he had become a victim to the entrapments of the enemy.

- Logically, for the Lord to deliver us out of the nets, He must be stronger and more powerful than the ones that try to keep us in the nets.

Notice not only The Cry of the Psalmist but also:

2. THE COMMITMENT OF THE PSALMIST (VS. 5-8)

Psalm 31:5-8

⁵ Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth. ⁶ I have hated them that regard lying vanities: but I trust in the LORD. ⁷ I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities; ⁸ And hast not shut me up into the hand of the enemy: thou hast set my feet in a large room.

A. He Committed His Spirit (vs. 5)

Psalm 31:5

⁵ Into thine hand I commit my spirit: thou hast redeemed me, O LORD God of truth.

- This is prophetic in nature in that it was the very words that Christ spoke in His death.
- This reveals how faithful the psalmist was to the ways of his God.

He not only Committed His Spirit but also:

B. He Committed His Strength (vs. 6)

Psalm 31:6

⁶ I have hated them that regard lying vanities: but I trust in the LORD.

- “I trust in the Lord” implies that David has not trusted in his own ability or strength.
- To make it out alive David was relying on Someone greater than himself.

He not only Committed His Spirit, and Strength but also:

C. He Committed His Situation (vs. 7-8)

Psalm 31:7-8

⁷ I will be glad and rejoice in thy mercy: for thou hast considered my trouble; thou hast known my soul in adversities; ⁸ And hast not shut me up into the hand of the enemy: thou hast set my feet in a large room.

God knows all about it. He has considered the troubles of David.

He has not only considered his trouble, he has known the travail of his soul.

With that understanding, David has given his situation to God and has trusted Him to bring him to a place of expansion (a large room).

Notice not only The Cry and Commitment of the Psalmist but thirdly:

3. THE CONFLICTS OF THE PSALMIST (VS. 9-13)

Psalm 31:9-13

⁹ Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly. ¹⁰ For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed. ¹¹ I was a reproach among all mine enemies, but especially among my neighbours, and a fear to mine acquaintance: they that did see me without fled from me. ¹² I am forgotten as a dead man out of mind: I am like a broken vessel. ¹³ For I have heard the slander of many: fear was on every side: while they took counsel together against me, they devised to take away my life.

Note:

A. The Conflict Over His Trouble (vs. 9)

Psalm 31:9

⁹ Have mercy upon me, O LORD, for I am in trouble: mine eye is consumed with grief, yea, my soul and my belly.

- The word trouble means to be shut up, or confined to a narrow place.
- David felt as though he was in a tight place.
- This trouble affected his most inner-being (soul and belly).

Not only was there conflict over his trouble but also:

B. The Conflict Over His Transgression (vs. 10)

Psalm 31:10

¹⁰ For my life is spent with grief, and my years with sighing: my strength faileth because of mine iniquity, and my bones are consumed.

- Realizing he was not a perfect man, David recalled his own failures and iniquity.
- David often spoke of the affliction of his bones as he dealt with sin.

- This is a picture of the physical and spiritual consequences that sin offers.

Not only was there conflict over his trouble and transgression but also:

C. The Conflict Over His Testimony (vs. 11)

Psalm 31:11

¹¹ I was a reproach among all mine enemies, but especially among my neighbours, and a fear to mine acquaintance: they that did see me without fled from me.

- David's trouble was seen in the society. An individual cannot be away from God and not have it affect his testimony.
- The reproach of David's sin was used against him by his enemies and his neighbors alike.

Not only was there conflict over his trouble, transgression and testimony but also:

D. The Conflict Over His Travail (vs. 12)

Psalm 31:12

¹² I am forgotten as a dead man out of mind: I am like a broken vessel.

- David described the trouble that he was facing as a vessel that had fallen and was shattered.
- David felt as though he was forgotten and was a dead man.
- He thought that he was at the end of life.

Not only was there conflict over his trouble, transgression, testimony, and travail but also:

E. The Conflict Over His Terror (vs. 13)

Psalm 31:13

¹³ For I have heard the slander of many: fear was on every side: while they took counsel together against me, they devised to take away my life.

Not only did David feel dead in verse 12 but he is facing death here in verse 13.

He understands that many are gathered against him as fear and dread appeared on every side.

Notice not only The Cry, Commitment, and Conflict of the Psalmist but lastly:

4. THE CERTAINTY OF THE PSALMIST (VS. 14-18)

Psalm 31:14-18

¹⁴ But I trusted in thee, O LORD: I said, Thou art my God. ¹⁵ My times are in thy hand: deliver me from the hand of mine enemies, and from them that persecute me. ¹⁶ Make thy face to shine upon thy servant: save me for thy mercies' sake. ¹⁷ Let me not be ashamed, O LORD; for I have called upon thee: let the wicked be ashamed, and let them be silent in the grave. ¹⁸ Let the lying lips be put to silence; which speak grievous things proudly and contemptuously against the righteous.

Note:

A. His Trust in God (vs. 14)

Psalm 31:14

¹⁴ But I trusted in thee, O LORD: I said, Thou art my God.

Though David faced trial and tribulation he was resolved to trust in the Lord, for He alone was God.

Note not only His Trust in God but also:

B. His Time of Grace (vs. 15-16)

Psalm 31:15-16

¹⁵ My times are in thy hand: deliver me from the hand of mine enemies, and from them that persecute me.

¹⁶ Make thy face to shine upon thy servant: save me for thy mercies' sake.

David was seeking better and brighter days.

In the midst of darkness and despair the light of God's glory is promised.

C. His Triumph Over Grief (vs. 17-18)

Psalm 31:17-18

¹⁷ Let me not be ashamed, O LORD; for I have called upon thee: let the wicked be ashamed, and let them be silent in the grave. ¹⁸ Let the lying lips be put to silence; which speak grievous things proudly and contemptuously against the righteous.

David's victory hinged upon his trust in the Lord.

Close:

Four different times in this psalm David used the word “trust.” This word simply means to rest or find security behind something of greater strength.

We cannot trust in armies, assets or affluence, we must trust in God.