

## Psalms 31-34 – Thursday, August 2<sup>nd</sup>, 2018

**Psalm 31** -- To the Chief Musician. A Psalm of David. 1 In You, O LORD, I put my trust; Let me never be ashamed; Deliver me in Your righteousness. 2 Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me. 3 For You are my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me. 4 Pull me out of the net which they have secretly laid for me, For You are my strength. 5 Into Your hand I commit my spirit; You have redeemed me, O LORD God of truth. 6 I have hated those who regard useless idols; But I trust in the LORD. 7 I will be glad and rejoice in Your mercy, For You have considered my trouble; You have known my soul in adversities, 8 And have not shut me up into the hand of the enemy; You have set my feet in a wide place. 9 Have mercy on me, O LORD, for I am in trouble; My eye wastes away with grief, Yes, my soul and my body! 10 For my life is spent with grief, And my years with sighing; My strength fails because of my iniquity, And my bones waste away. 11 I am a reproach among all my enemies, But especially among my neighbors, And am repulsive to my acquaintances; Those who see me outside flee from me. 12 I am forgotten like a dead man, out of mind; I am like a broken vessel. 13 For I hear the slander of many; Fear is on every side; While they take counsel together against me, They scheme to take away my life. 14 But as for me, I trust in You, O LORD; I say, "You are my God." 15 My times are in Your hand; Deliver me from the hand of my enemies, And from those who persecute me. 16 Make Your face shine upon Your servant; Save me for Your mercies' sake. 17 Do not let me be ashamed, O LORD, for I have called upon You; Let the wicked be ashamed; Let them be silent in the grave. 18 Let the lying lips be put to silence, Which speak insolent things proudly and contemptuously against the righteous. 19 Oh, how great is Your goodness, Which You have laid up for those who fear You, Which You have prepared for those who trust in You In the presence of the sons of men! 20 You shall hide them in the secret place of Your presence From the plots of man; You shall keep them secretly in a pavilion From the strife of tongues. 21 Blessed be the LORD, For He has shown me His marvelous kindness in a strong city! 22 For I said in my haste, "I am cut off from before Your eyes"; Nevertheless You heard the voice of my supplications When I cried out to You. 23 Oh, love the LORD, all you His saints! For the LORD preserves the faithful, And fully repays the proud person. 24 Be of good courage, And He shall strengthen your heart, All you who hope in the LORD.

- Psalm 31 speaks to how circumstances in our life can change so quickly regardless of where we're at in life, even later in life.
- It also speaks to the importance of outwardly vocalizing our prayers and praise to God instead of only doing so in our minds.
- The reason being is that it changes both our hearts and minds because now our circumstances are viewed through that lens.

**Psalm 32** -- A Psalm of David. A Contemplation. 1 Blessed is he whose transgression is forgiven, Whose sin is covered. 2 Blessed is the man to whom the LORD does not impute iniquity, And in whose spirit there is no deceit. 3 When I kept silent, my bones grew old Through my groaning all the day long. 4 For day and night Your hand was heavy upon me; My vitality was turned into the drought of summer. Selah 5 I acknowledged my sin to You, And my iniquity I have not hidden. I said, "I will confess my transgressions to the LORD," And You forgave the iniquity of my sin. Selah 6 For this cause everyone who is godly shall pray to You In a time when You may be found; Surely in a flood of great waters They shall not come near him. 7 You are my hiding place; You shall preserve me from trouble; You shall surround me with songs of deliverance. Selah 8 I will instruct you and teach you in the way you should go; I will guide you with My eye. 9 Do not be like the horse or like the mule, Which have no understanding, Which must be harnessed with bit and bridle, Else they will not come near you. 10 Many sorrows shall be to the wicked; But he who trusts in the LORD, mercy shall surround him. 11 Be glad in the LORD and rejoice, you righteous; And shout for joy, all you upright in heart!

- Psalm 32 is the second of seven Psalms of repentance in which David groaning in godly sorrow came to a genuine repentance.
- However, it should be noted that it took David nine months of the Lord's heavy hand upon him, and his life drying up within him.
- This because he tried to hide his sin, and in so doing, suffered unnecessarily for an elongated period of time before repenting.

- It should also be noted that David uses three different words for what he's done, first, the word transgression, sin and iniquity.
- All three words have different meanings starting with transgression, which is that you know it's wrong but you will do it anyway.
- Sin means missing the mark even though you're trying, and iniquity means to be crooked, not being on the straight and narrow

- The good news is that whether it's a transgression, a sin, or an iniquity, the forgiveness of God awaits any repentant sinner.
- I use the word awaits because God doesn't wait to forgive; rather we're the ones who delay and as such wait before repenting.
- This to me is the take away from this Psalm, so much so, that the Apostle Paul would refer to it in his epistle to the Romans.

Romans 4:4-8 - 4 Now to the one who works, wages are not credited as a gift but as an obligation. 5 However, to the one who does not work but trusts God who justifies the ungodly, their faith is credited as righteousness. 6 David says the same thing when he speaks of the blessedness of the one to whom God credits righteousness apart from works: 7 "Blessed are those whose transgressions are forgiven, whose sins are covered. 8 Blessed is the one whose sin the Lord will never count against them."

**Psalm 33** -- 1 Rejoice in the LORD, O you righteous! For praise from the upright is beautiful. 2 Praise the LORD with the harp; Make melody to Him with an instrument of ten strings. 3 Sing to Him a new song; Play skillfully with a shout of joy. 4 For the word of the LORD is right, And all His work is done in truth. 5 He loves righteousness and justice; The earth is full of the goodness of the LORD. 6 By the word of the LORD the heavens were made, And all the host of them by the breath of His mouth. 7 He gathers the waters of the sea together as a heap; He lays up the deep in storehouses. 8 Let all the earth fear the LORD; Let all the inhabitants of the world stand in awe of Him. 9 For He spoke, and it was done; He commanded, and it stood fast. 10 The LORD brings the counsel of the nations to nothing; He makes the plans of the peoples of no effect. 11 The counsel of the LORD stands forever, The plans of His heart to all generations. 12 Blessed is the nation whose God is the LORD, The people He has chosen as His own inheritance. 13 The LORD looks from heaven; He sees all the sons of men. 14 From the place of His dwelling He looks On all the inhabitants of the earth; 15 He fashions their hearts individually; He considers all their works. 16 No king is saved by the multitude of an army; A mighty man is not delivered by great strength. 17 A horse is a vain hope for safety; Neither shall it deliver any by its great strength. 18 Behold, the eye of the LORD is on those who fear Him, On those who hope in His mercy, 19 To deliver their soul from death, And to keep them alive in famine. 20 Our soul waits for the LORD; He is our help and our shield. 21 For our heart shall rejoice in Him, Because we have trusted in His holy name. 22 Let Your mercy, O LORD, be upon us, Just as we hope in You.

- Psalm 33 is a powerful Psalm about the power of God to rule over all and over rule all the affairs of man working it for the good.
- I suppose you could say this Psalm is a reminder of the promise in Romans 8:28 about God's providence in our circumstances.
- It's also a much-needed reminder of how no one or no thing is able to deliver us and work everything out for the good as God.

**Psalm 34** -- A Psalm of David When He Pretended Madness Before Abimelech, Who Drove Him Away, and He Departed. 1 I will bless the LORD at all times; His praise shall continually be in my mouth. 2 My soul shall make its boast in the LORD; The humble shall hear of it and be glad. 3 Oh, magnify the LORD with me, And let us exalt His name together. 4 I sought the LORD, and He heard me, And delivered me from all my fears. 5 They looked to Him and were radiant, And their faces were not ashamed. 6 This poor man cried out, and the LORD heard him, And saved him out of all his troubles. 7 The angel of the LORD encamps all around those who fear Him, And delivers them. 8 Oh, taste and see that the LORD is good; Blessed is the man who trusts in Him! 9 Oh, fear the LORD, you His saints! There is no want to those who fear Him. 10 The young lions lack and suffer hunger; But those who seek the LORD shall not lack any good thing. 11 Come, you children, listen to me; I will teach you the fear of the LORD. 12 Who is the man who desires life, And loves many days, that he may see good? 13 Keep your tongue from evil, And your lips from speaking deceit. 14 Depart from evil and do good; Seek peace and pursue it. 15 The eyes of the LORD are on the righteous, And His ears are open to their cry. 16 The face of the LORD is against those who do evil, To cut off the remembrance of them from the earth. 17 The righteous cry out, and the LORD hears, And delivers them out of all their troubles. 18 The LORD is near to those who have a broken heart, And saves such as have a contrite spirit. 19 Many are the afflictions of the righteous, But the LORD delivers him out of them all. 20 He guards all his bones; Not one of them is broken. 21 Evil shall slay the wicked, And those who hate the righteous shall be condemned. 22 The LORD redeems the soul of His servants, And none of those who trust in Him shall be condemned.

- David penned both this Psalm and Psalm 56 about this experience in his life, which tells me that it left an indelible impression.
- Specifically as it relates to the grace of God in spite of his folly and failure in fleeing to this Philistine city out of his fear of Saul.
- I would suggest that David had learned a very valuable lesson about trusting the Lord instead of giving way to anxiety and fear.

**Psalm 56** -- To the Chief Musician. Set to "The Silent Dove in Distant Lands." a Michtam of David When the Philistines Captured Him in Gath. 1 Be merciful to me, O God, for man would swallow me up; Fighting all day he oppresses me. 2 My enemies would hound me all day, For there are many who fight against me, O Most High. 3 Whenever I am afraid, I will trust in You. 4 In God (I will praise His word), In God I have put my trust; I will not fear. What can flesh do to me? 5 All day they twist my words; All their thoughts are against me for evil. 6 They gather together, They hide, they mark my steps, When they lie in wait for my life. 7 Shall they escape by iniquity? In anger cast down the peoples, O God! 8 You number my wanderings; Put my tears into Your bottle; Are they not in Your book? 9 When I cry out to You, Then my enemies will turn back; This I know, because God is for me. 10 In God (I will praise His word), In the LORD (I will praise His word), 11 In God I have put my trust; I will not be afraid. What can man do to me? 12 Vows made to You are binding upon me, O God; I will render praises to You, 13 For You have delivered my soul from death. Have You not kept my feet from falling, That I may walk before God In the light of the living?

#### **7 Lessons learned about worry and fear**

- 1) Worry and fear can dominate our decision making process
- 2) Worry and fear can give way to lies to protect ourselves
- 3) Worry and fear can cause us to default to the ways of the world
- 4) Worry and fear can create a trap coming from the fear of man
- 5) Worry and fear can lead to ungodly and irrational behavior
- 6) Worry and fear can bring harm and peril to those around us
- 7) Worry and fear can not have the final word in our lives