

# PSALM 31

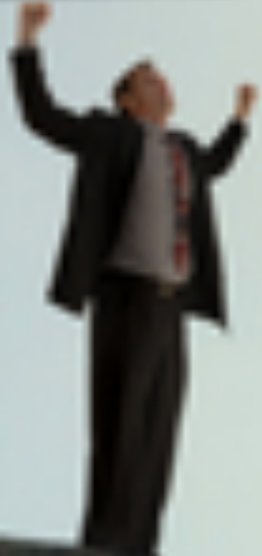
THE LORD IS MY

ROCK

MY FORTRESS AND MY DELIVERER

<sup>2</sup> Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me. — Psalm 31:2 (NKJV)

# THE LORD OUR ROCK & FORTRESS



<sup>3</sup> For You *are* my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me. — Psalm 31:3 (NKJV)

**Psalm 31 depicts the ebb and flow of faith during a period of deep distress. It has three main divisions:**

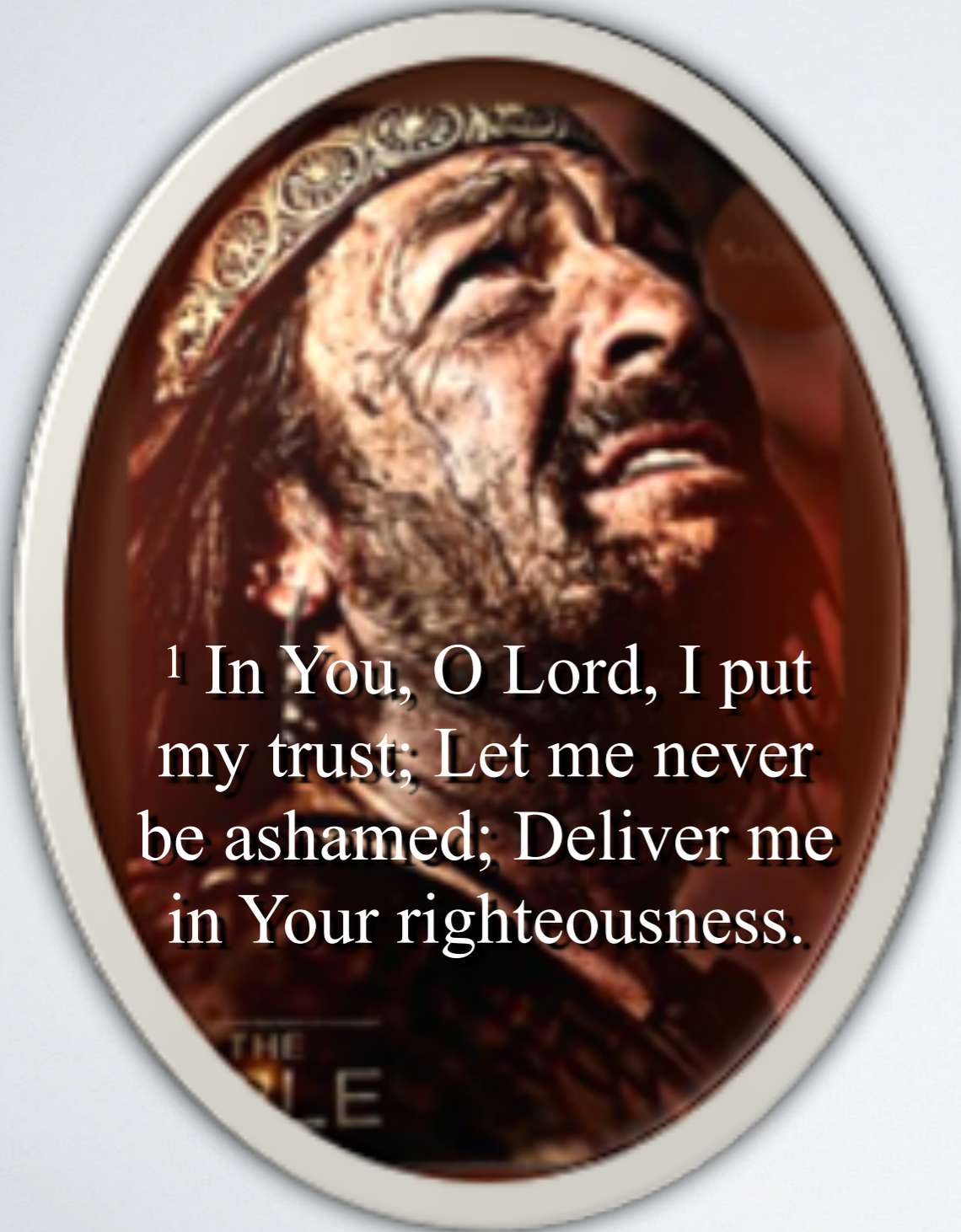
- (1) David trustingly places His life in the LORD's hands — (vv. 1–8)
- (2) David pleads for the LORD's mercy for deliverance from his present distress — (vv. 9–18)
- (3) David's grateful celebration of God's goodness (vv. 19–24).

# Psalm 31:1–8 (NKJV)

<sup>1</sup> In You, O Lord, I put my trust; Let me never be ashamed; Deliver me in Your righteousness. <sup>2</sup> Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me. <sup>3</sup> For You *are* my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me. <sup>4</sup> 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 redeemed me, O Lord God of truth. <sup>6</sup> I have hated those who regard useless idols; But I trust in the Lord. <sup>7</sup> I will be glad and rejoice in Your mercy, For You have considered my trouble; You have known my soul in adversities, <sup>8</sup> And have not shut me up into the hand of the enemy; You have set my feet in a wide place.

# THE LORD OUR ROCK & FORTRESS

David trustingly places His life in the LORD's hands — (vv. 1–8)

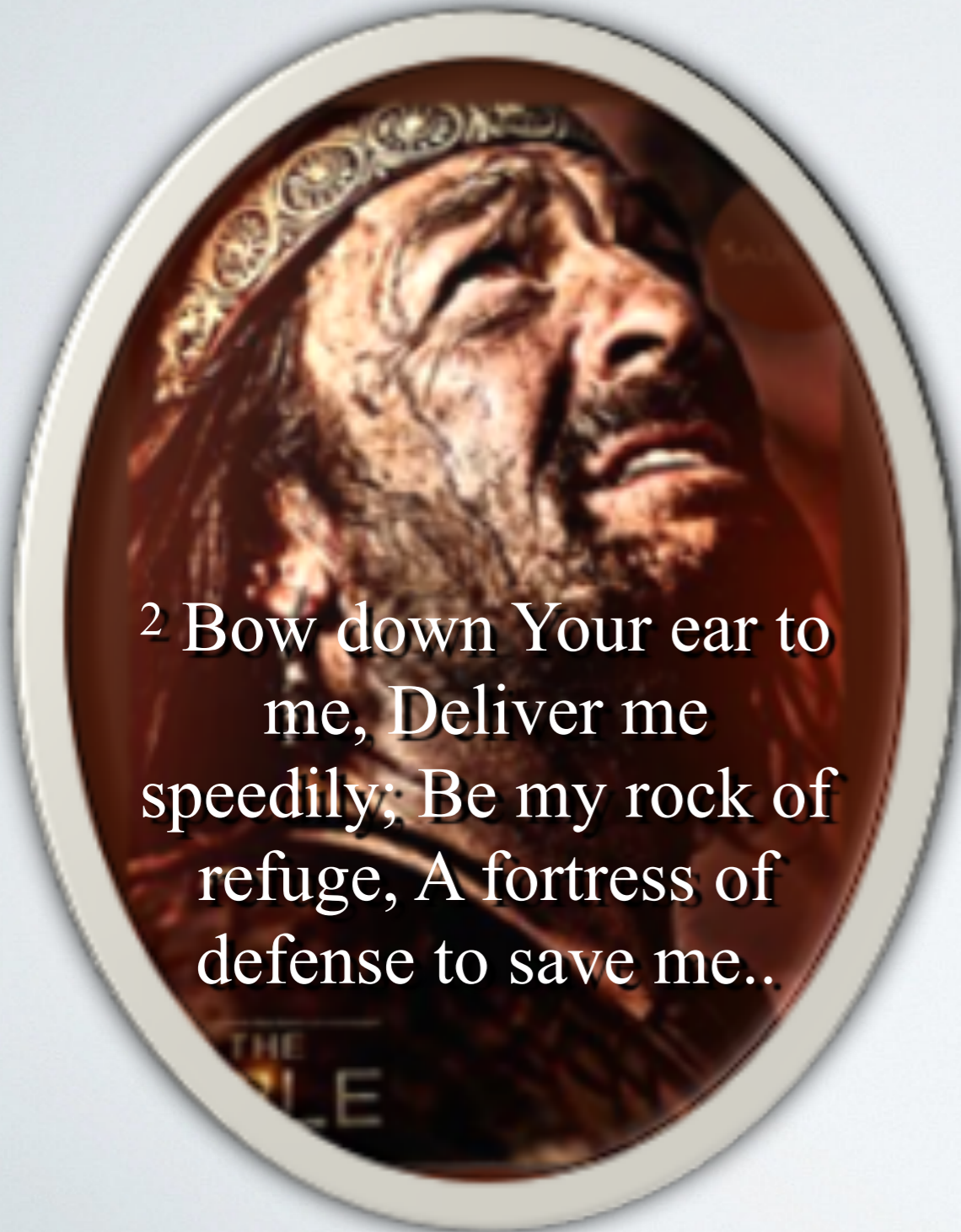


<sup>1</sup> In You, O Lord, I put my trust; Let me never be ashamed; Deliver me in Your righteousness.

- David declares his deliberate trust in God, even in a time of severe trouble (1).
- David pleads with Yahweh that he never be “ashamed,” for placing his trust in Him before his enemies and adversaries (1).
- David knew that for God to desert his servant would reflect negatively upon God's righteousness (1; Ps 5:8)

# THE LORD OUR ROCK & FORTRESS

David trustingly places His life in the LORD's hands — (vv. 1–8)

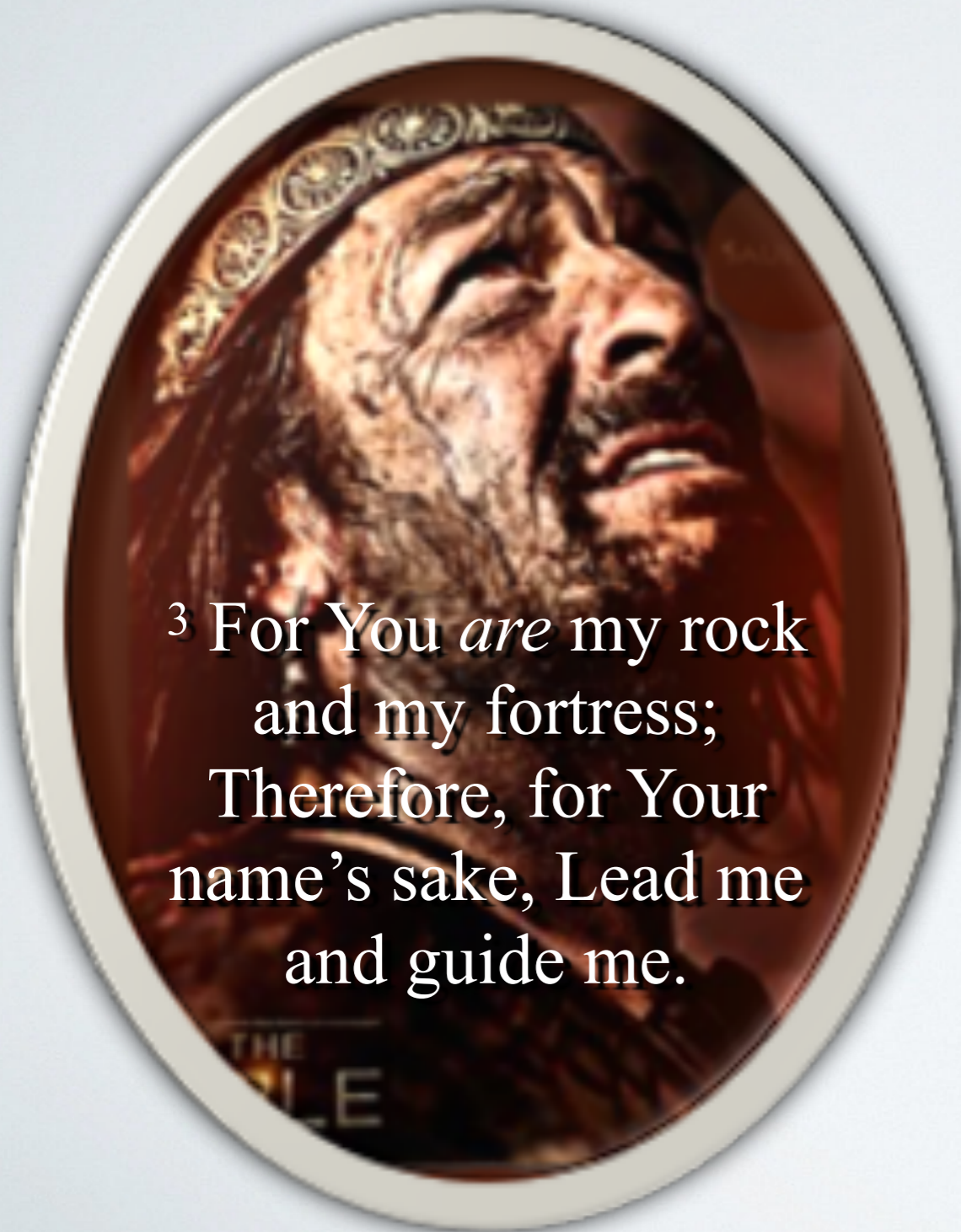


<sup>2</sup> Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me..

- David ask God to hear His plea in his time of distress and weakness (2).
- He prayed for the Lord to come quickly to his rescue (cf. 69:17; 70:1, 5; 71:12; 79:8; 102:2; 141:1; 143:7)
- David trusts fully in Yahweh's strength and defense for His people - He therefore asks for God to so consider him (2; cf. Ps 17:2; 20:6; 23:3; 25:21)

# THE LORD OUR ROCK & FORTRESS

David trustingly places His life in the LORD's hands — (vv. 1–8)

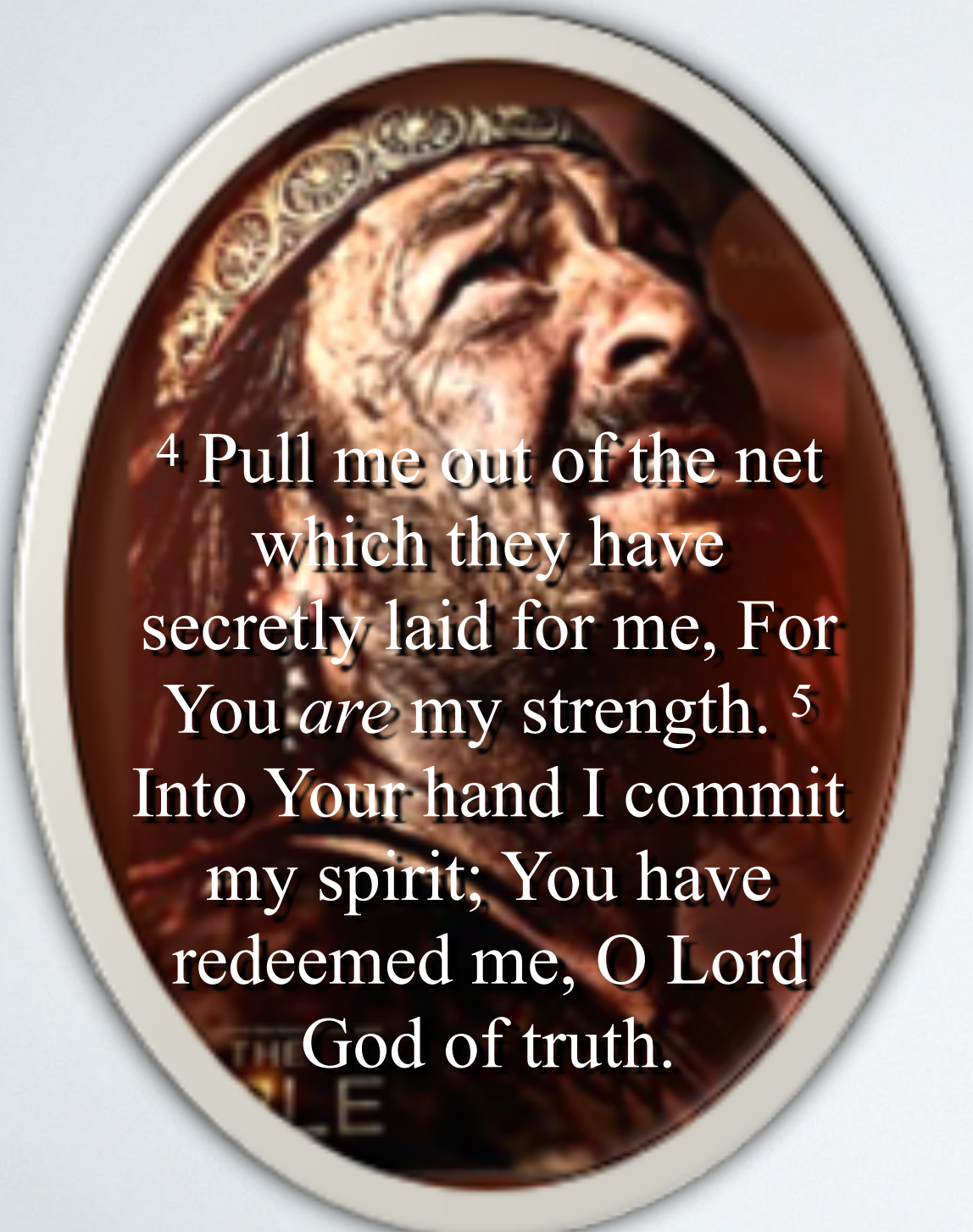


<sup>3</sup> For You *are* my rock  
and my fortress;  
Therefore, for Your  
name's sake, Lead me  
and guide me.

- David declares His reliance upon God's faithfulness as his "ROCK" and protection as his "FORTRESS" (3; cf. 1–2; 18:2).
- For the sake of "his name," i.e., his self-revelation; David desires Yahweh to show himself to be all that he had revealed himself to be (3; 23:2, 3; 25:11; 79:9; Ep. 1:12)
- David is willing to follow God's instructions & guidance (Ps. 25:5, 9; 139:24; 143:10,11; etc.).

# THE LORD OUR ROCK & FORTRESS

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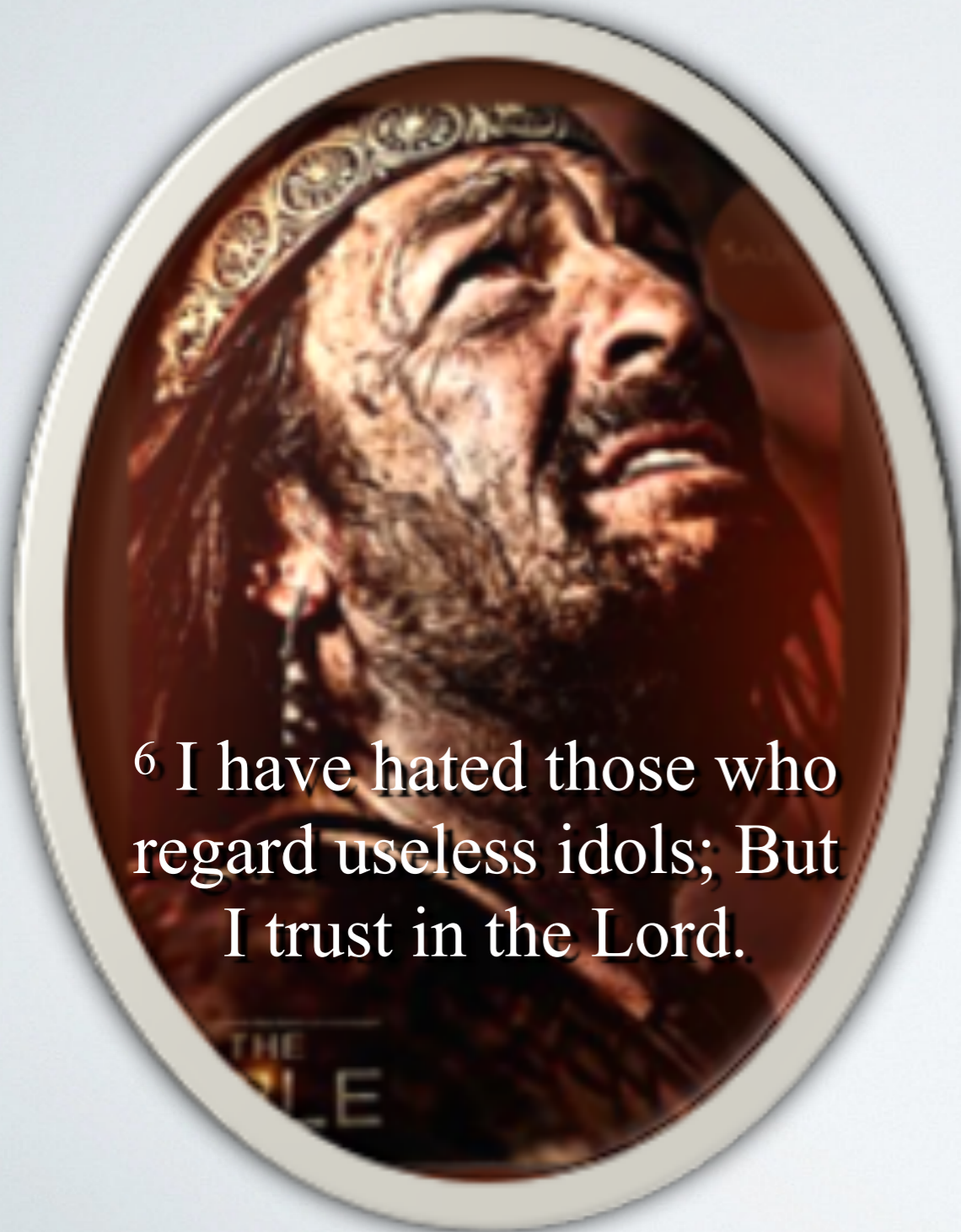


<sup>4</sup> Pull me out of the net  
which they have  
secretly laid for me, For  
You *are* my strength. <sup>5</sup>  
Into Your hand I commit  
my spirit; You have  
redeemed me, O Lord  
God of truth.

- David asks that God rescue him from his enemies who are compared to hunters or fowlers trying to catch him in their net (4; Ps. 25:15; 35:7; 57:6; 124:7; 140:5. Pr. 29:5. 2 Ti. 2:26).
- David does not rely upon his own strength, but God's (4; Ps. 19:14. 2 Co. 12:9).
- David confesses his hope in the LORD as his redeemer by committing his spirit into God's hand (5; cf. Lk 23:46; Ac 7:59)

# THE LORD OUR ROCK & FORTRESS

David trustingly places His life in the LORD's hands — (vv. 1–8)

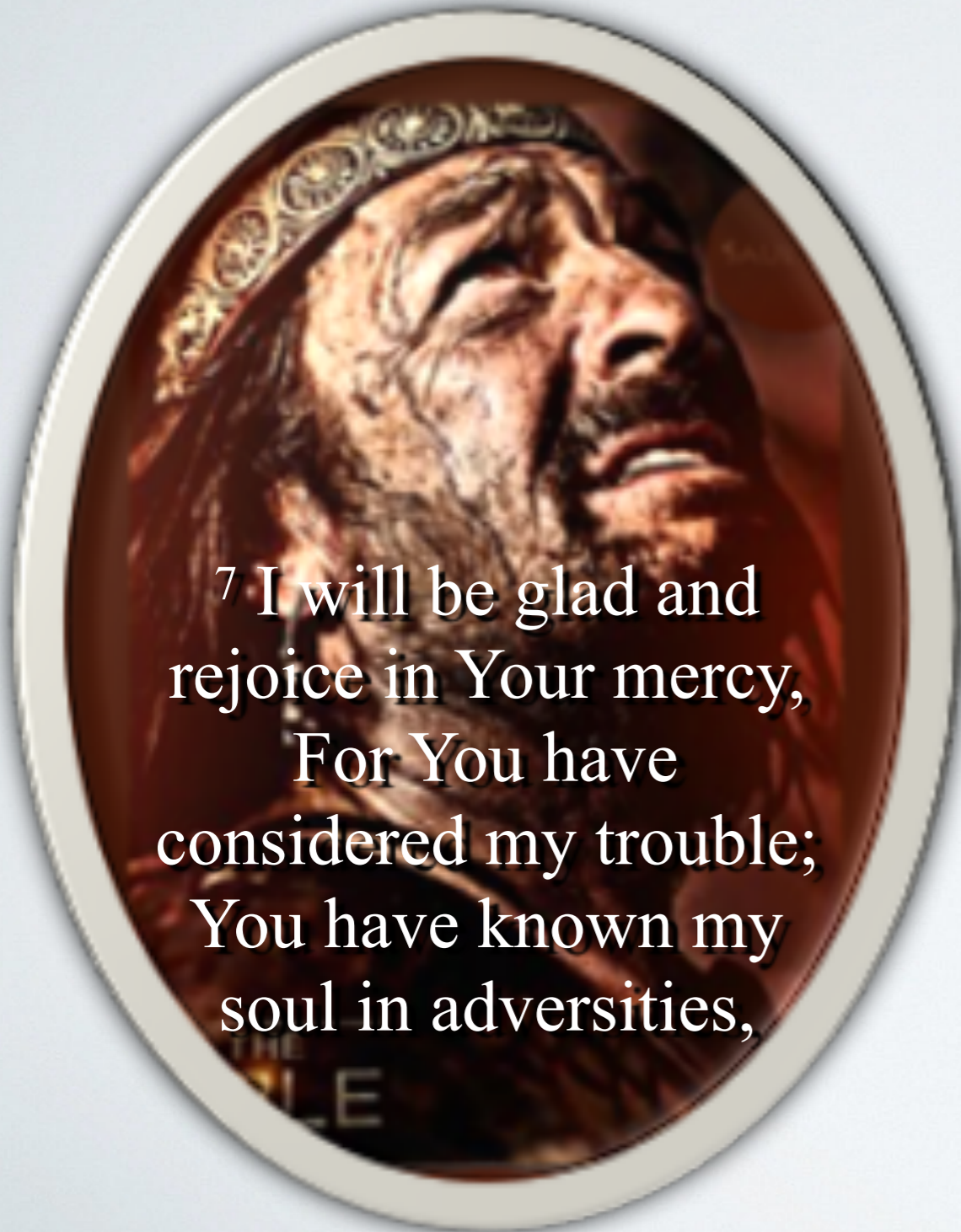


<sup>6</sup> I have hated those who regard useless idols; But I trust in the Lord.

- In order to “stand” upon God's strength & to be “protected” by His deliverance, one **MUST** stand with God against that which is evil (6; Ps. 24:4; 26:5; Ro. 1:21; 1 Co. 10:20)
- Compromisers do not stand upon God, nor trust in His provisions, but rather manifest a lack of faith in God (6; Rom. 1:31; Eph. 5:6-18).
- David proclaims his undivided trust in the Lord (6; Mat. 6:19-33)

# THE LORD OUR ROCK & FORTRESS

David trustingly places His life in the LORD's hands — (vv. 1–8)

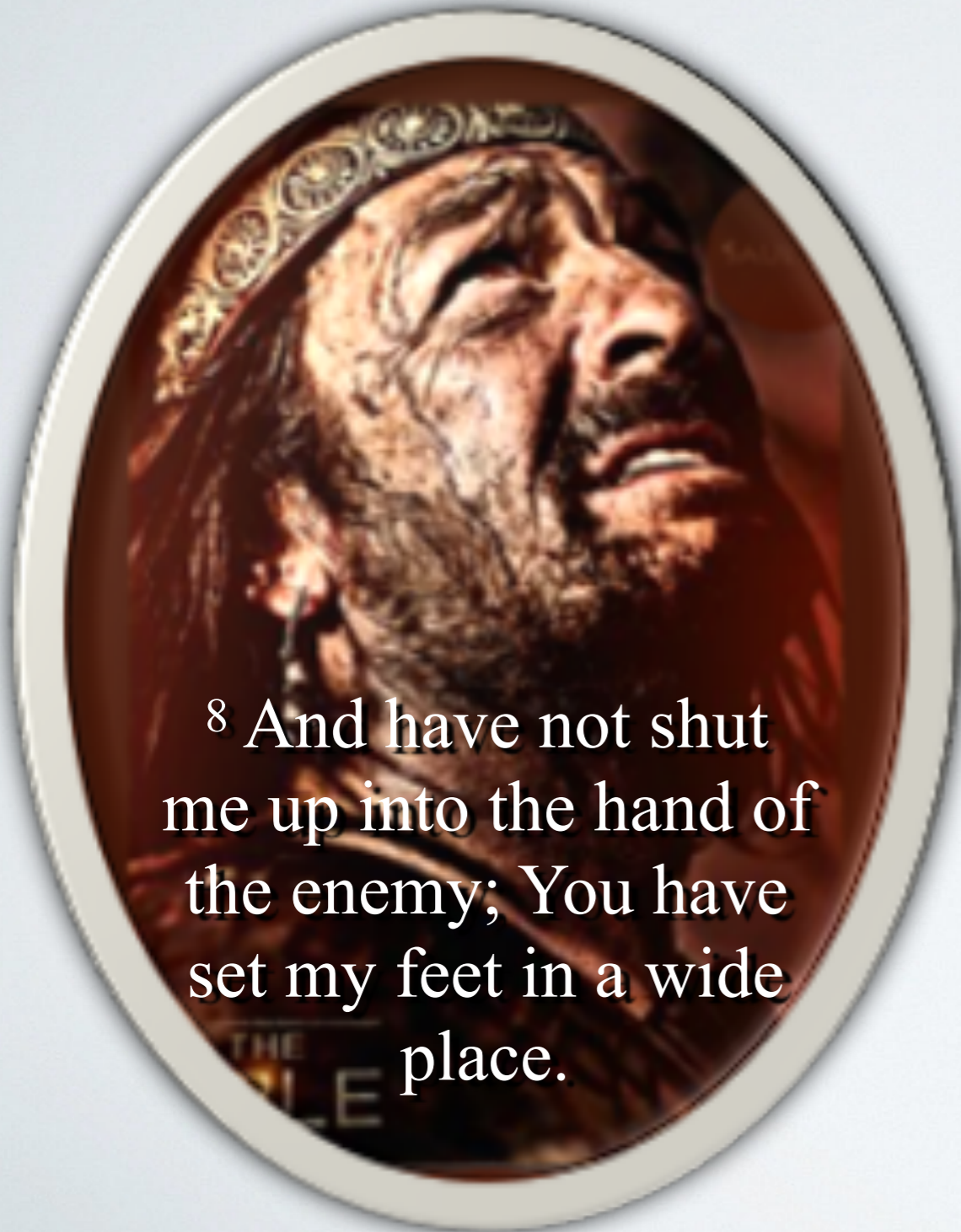


<sup>7</sup> I will be glad and  
rejoice in Your mercy,  
For You have  
considered my trouble;  
You have known my  
soul in adversities,

- David knew whatever deliverance God granted was undeserved, therefore he “rejoiced in the Lord’s mercy” (7; cf. James 1:2-12)
- David knew God was aware of his condition and knew the very thoughts of his heart in his trials (7; Ps. 1:6; 142:3; Rom. 8:17-28; 1 Co. 8:3. Ga. 4:9. 2 Ti. 2:19)

# THE LORD OUR ROCK & FORTRESS

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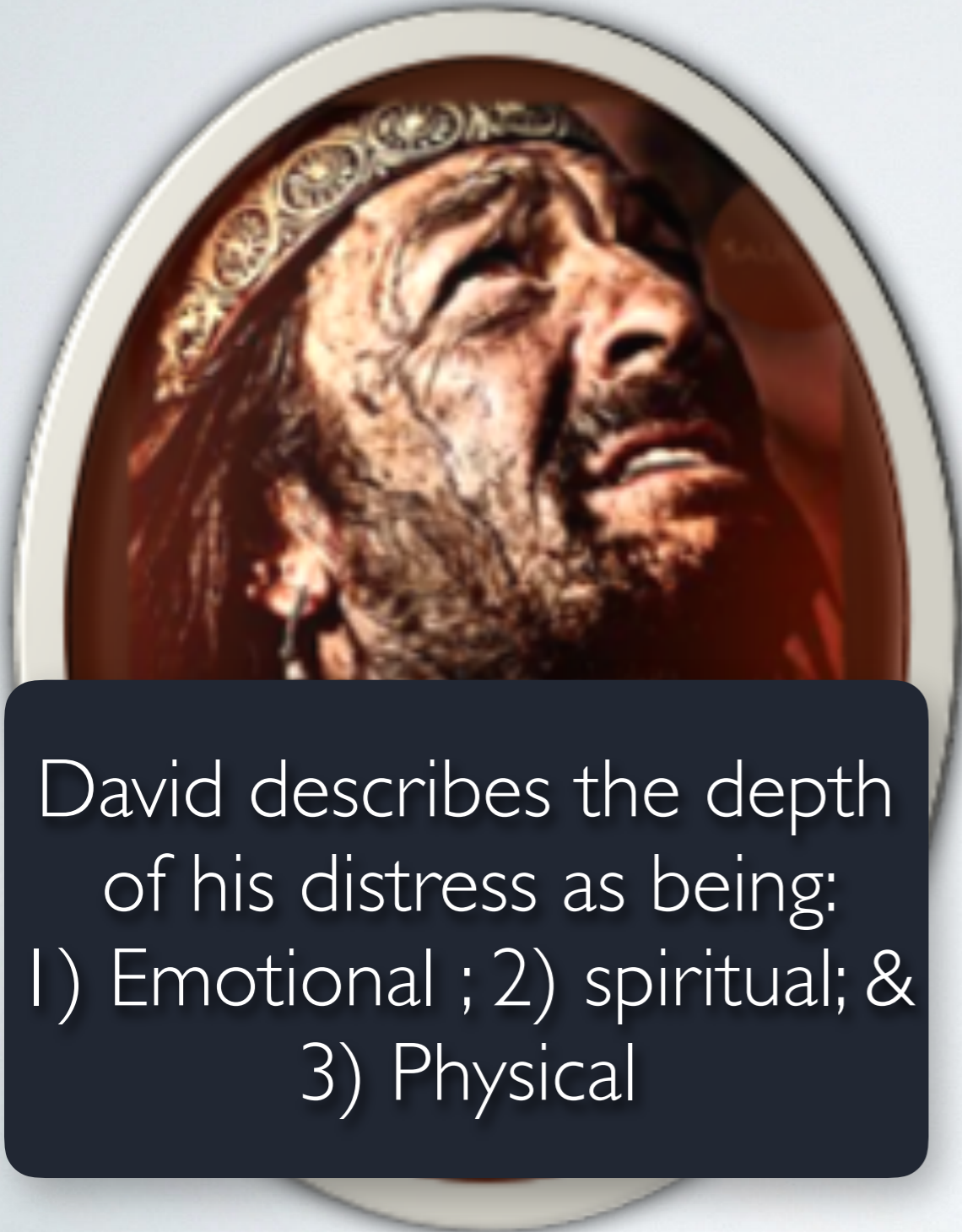


<sup>8</sup> And have not shut me up into the hand of the enemy; You have set my feet in a wide place.

- David knew whatever deliverance God granted was undeserved, therefore he “rejoiced in the Lord’s mercy” (7; cf. James 1:2-12)
- David knew God was aware of his condition and knew the very thoughts of his heart in his trials (7; Ps. 1:6; 142:3; Rom. 8:17-28; 1 Co. 8:3. Ga. 4:9. 2 Ti. 2:19)
- By God granting David victories over his enemies before, he was both confident and grateful (8)

# THE LORD OUR ROCK & FORTRESS

David pleads for the LORD's deliverance from distress — (9–18)



David describes the depth of his distress as being:  
1) Emotional ; 2) spiritual; &  
3) Physical

## **Psalm 31:9–10 (NKJV)**

<sup>9</sup> Have mercy on me, O Lord, for I am in trouble; My eye wastes away with grief, *Yes*, my soul and my body! <sup>10</sup> For my life is spent with grief, And my years with sighing; My strength fails because of my iniquity, And my bones waste away.

# THE LORD OUR ROCK & FORTRESS

David pleads for the LORD's deliverance from distress — (9–18)



David reiterates his total dependence upon God's mercy (7; Titus 3:4,5)

He knows he deserves the suffering he is experiencing!

## Psalm 31:9–10 (NKJV)

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# THE LORD OUR ROCK & FORTRESS

David pleads for the LORD's deliverance from distress — (9–18)



David feels totally isolated.  
Enemies hold him in disdain.  
Neighbors avoid him.  
He is forgotten, a “broken”  
vessel never to rise again

## Psalm 31:11–13 (NKJV)

<sup>11</sup> 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. <sup>12</sup> I am forgotten like a dead man, out of mind; I am like a broken vessel. <sup>13</sup> 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.

# THE LORD OUR ROCK & FORTRESS

David pleads for the LORD's deliverance from distress — (9–18)



In the midst of all his trouble, David again declares his trust in God. (cf. 1-3)

## **Psalms 31:14–18 (NKJV)**

<sup>14</sup> But as for me, I trust in You, O Lord; I say, “*You are my God.*” <sup>15</sup> My times *are* in Your hand; Deliver me from the hand of my enemies, And from those who persecute me. <sup>16</sup> Make Your face shine upon Your servant; Save me for Your mercies’ sake.

# THE LORD OUR ROCK & FORTRESS

David pleads for the LORD's deliverance from distress — (9–18)



David could not bear the thought of falling into the hands of his enemies, (2 Samuel 24:14)

But was at peace with the knowledge, “My times are in Your hand.” (cf. 5; Ecc. 3:1–8)

## **Psalms 31:14–18 (NKJV)**

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# THE LORD OUR ROCK & FORTRESS

David pleads for the LORD's deliverance from distress — (9–18)



David borrowed from the priestly blessing described in Numbers 6:23-27, asking for the goodness and the favor of God to be showered upon him.

## **Psalms 31:14–18 (NKJV)**

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# THE LORD OUR ROCK & FORTRESS

David pleads for the LORD's deliverance from distress — (9–18)



David again appeals to God's righteousness (1) David asks for those who are God's enemies to be the ones ashamed (1; cf. 2 Thes. 1:7-10)

## **Psalm 31:14–18 (NKJV)**

<sup>17</sup> 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. <sup>18</sup> Let the lying lips be put to silence, Which speak insolent things proudly and contemptuously against the righteous.

# THE LORD OUR ROCK & FORTRESS

David's grateful celebration of God's goodness (19–24)



These words are spoken while in great distress - but hope sees through the clouds, and the faith of God's saints experience the presence of God even in the storms.

(Rom. 8:17,18; 2 Cor. 4:16-18)

## **Psalm 31:19–23 (NKJV)**

<sup>19</sup> 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!

# THE LORD OUR ROCK & FORTRESS

David's grateful celebration of God's goodness (19–24)



David found security in the  
“secret place of God’s  
presence,” i.e., in God’s  
fellowship (20)

(Ps. 27:5; 32:7; 64:2; 91:1–4;  
Col. 3:1–4)

## **Psalm 31:19–23 (NKJV)**

<sup>20</sup> 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. <sup>21</sup> Blessed *be* the  
Lord, For He has shown me  
His marvelous kindness in a  
strong city!

# THE LORD OUR ROCK & FORTRESS

David's grateful celebration of God's goodness (19–24)



David, being absorbed in his current trouble, was too quick to question God's presence ...

Yet when David cried out to God, he was confident God heard him (22; Ps. 22)

## **Psalms 31:19–23 (NKJV)**

<sup>22</sup> 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. <sup>23</sup>

Oh, love the Lord, all you His saints! *For* the Lord preserves the faithful, And fully repays the proud person.

# THE LORD OUR ROCK & FORTRESS

David's grateful celebration of God's goodness (19–24)



David encourages us to LOVE the LORD, for He preserves the faithful (23; 1 Pet. 1:3-9; Rom. 8:28-39)

The wicked WILL BE DESTROYED! (23; 2 Thes. 1:7-9; 2 Pet. 3:1-15; Rev. 21:8)

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Oh, love the Lord, all you His saints! *For* the Lord preserves the faithful, And fully repays the proud person.

# THE LORD OUR ROCK & FORTRESS

David's grateful celebration of God's goodness (19–24)



## **Psalm 31:24 (NKJV)**

**24 Be of good  
courage, And He  
shall strengthen your  
heart, All you who  
hope in the Lord.  
(cf. Psalm 27:14; Is. 35:3, 4)**

# THE LORD OUR ROCK & FORTRESS

David's grateful celebration of God's goodness (19–24)



## **1 Peter 5:8–11 (NKJV)**

<sup>8</sup> Be sober, be vigilant;  
because your adversary the  
devil walks about like a  
roaring lion, seeking whom he  
may devour. <sup>9</sup> Resist him,  
steadfast in the faith, knowing  
that the same sufferings are  
experienced by your  
brotherhood in the world.

# THE LORD OUR ROCK & FORTRESS


David's grateful celebration of God's goodness (19–24)



## **1 Peter 5:8–11 (NKJV)**

<sup>10</sup> But may the God of all grace, who called us to His eternal glory by Christ Jesus, after you have suffered a while, perfect, establish, strengthen, and settle *you*. <sup>11</sup> To Him *be* the glory and the dominion forever and ever. Amen.

# THE LORD OUR ROCK & FORTRESS




<sup>3</sup> For You *are* my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me. — Psalm 31:3 (NKJV)

**Psalm 31 depicts the ebb and flow of faith during a period of deep distress.**

- (1) David trustingly placed His life in the LORD's hands — (vv. 1–8)
- (2) David pleaded for the LORD's mercy that he be delivered from his present distress — (vv. 9–18)
- (3) David gratefully celebrated of God's goodness (vv. 19–24).

# THE LORD OUR ROCK & FORTRESS




<sup>3</sup> For You *are* my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me. — Psalm 31:3 (NKJV)

## **WHEN WE ARE IN DISTRESS**

- (1) Do we trustingly place our life in the LORD's hands? — (vv. 1–8)
- (2) Do we plead for the LORD's mercy that we be delivered according to His will? — (vv. 9–18; Mat. 26:36–36)
- (3) Do we gratefully celebrate God's goodness regardless of our circumstances? (vv. 19–24).

# THE LORD OUR ROCK & FORTRESS

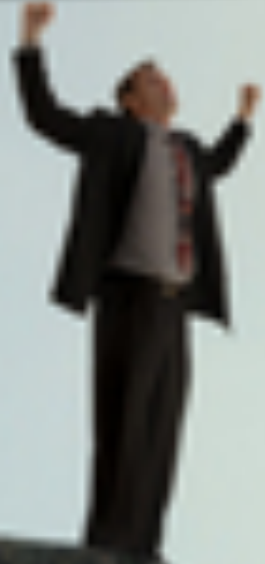


<sup>3</sup> For You *are* my rock and my fortress; Therefore, for Your name's sake, Lead me and guide me. — Psalm 31:3 (NKJV)

## **Colossians 3:1–4 (NKJV)**

**<sup>1</sup> If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. <sup>2</sup> Set your mind on things above, not on things on the earth. <sup>3</sup> For you died, and your life is hidden with Christ in God. <sup>4</sup> When Christ who is our life appears, then you also will appear with Him in glory.**

# THE LORD OUR ROCK & FORTRESS



**SECURITY,**  
**COMFORT & PEACE**  
**CAN ONLY BE FOUND**  
**IN THE LORD**

**IS THE LORD YOUR**  
**ROCK & FORTRESS?**

**HE CAN BE!**

**(Gal. 3:26,27)**



# PSALM 31

THE LORD IS MY

ROCK

MY FORTRESS AND MY DELIVERER

**Charts by Don McClain / Preached February 23, 2020 PM**

West 65th Street church of Christ - P.O. Box 190062 - Little Rock AR 72219 -

Phone — 501-568-1062 — Email — [donmcclain@sbcglobal.net](mailto:donmcclain@sbcglobal.net)

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## **2 Corinthians 12:7–10 (NKJV)**

<sup>7</sup> And lest I should be exalted above measure by the abundance of the revelations, a thorn in the flesh was given to me, a messenger of Satan to buffet me, lest I be exalted above measure. <sup>8</sup> Concerning this thing I pleaded with the Lord three times that it might depart from me. <sup>9</sup> And He said to me, “My grace is sufficient for you,

## **2 Corinthians 12:7–10 (NKJV)**

for My strength is made perfect in weakness.” Therefore most gladly I will rather boast in my infirmities, that the power of Christ may rest upon me. <sup>10</sup> Therefore I take pleasure in infirmities, in reproaches, in needs, in persecutions, in distresses, for Christ’s sake. For when I am weak, then I am strong.