

Psalms 31-32

This morning we are just going to be looking at 2 Psalms and then we are going to be taking communion together. Again, we are told here that this was written to the chief musician and it was written by David.

In this Psalm we will see David going through a struggle of some sort in his life and we'll see once again that as he remembers the Lord and reaches out to Him that the Lord will in turn minister to this man's soul and build him up giving him the victory within his heart and mind.

Let's look at verse 1 of chapter 31 which says In You, O Lord, I put my trust; Let me never be ashamed; Deliver me in Your righteousness.

Here we can see David calling out to the Lord, entering His presence you could say and right away he simply states that in the Lord he has put his trust. Now we talked about trusting the Lord last week and I think we need to be reminded continually of the truths of God as we go through life.

Sometimes as we study God's Word we can start to think that we have it all understood and we don't necessarily need to hear the same words that are found in the Psalms and other portions of scripture over and over... Peter though had the following to say in 2 Peter 1:12-15 which says this ¹²For this reason I will not be negligent to remind you always of these things, though you know and are established in the present truth. ¹³Yes, I think it is right, as long as I am in this tent, to stir you up by reminding you, ¹⁴knowing that shortly I must put off my tent, just as our Lord Jesus Christ showed me. ¹⁵Moreover I will be careful to ensure that you always have a

reminder of these things after my decease. The reality is that you and I need to hear the truths of God's Word on repeat, we need to have the Word of God washing us on a daily basis, we need to be reminded over and over of what the Lord has done and will do according to His Word.

And so David reminds us again that the Lord is the one that he trusts and we need to know also that we can trust the Lord as we go through life. Now, I'm sure we can trust our spouses and our friends and our family, but I want to tell you that there is one that you can trust that will never let you down and that is the Lord Jesus. When you trust in Him you will never be ashamed.

And some may look at that and say well if we are never going to be ashamed then why is there so much trouble as we go through life and why do Christians end up suffering so much? That's a valid question I believe, and I think it's important we remember that though the world may reject us and we may struggle as we go through this life that at the end of the day if the Lord is for us then no one can be against us.

Furthermore, you and I, though we may suffer in this world what do we have eternally? We certainly won't be ashamed when it comes to the eternal rewards that we will enter as we follow the Lord.

So David as he walked with the Lord he said "I will trust in you" and he declares that he will never be ashamed and then he appeals to the righteousness of God saying please deliver me in your righteousness and so David is just asking the Lord that He would stand up for Him and work on His behalf...David knows that if the Lord doesn't work on his behalf that he is in big trouble and he knows that God certainly has

the power and the authority to work for him and to allow a righteous ending to what he was passing through.

Look at verse 2 which says ²**Bow down Your ear to me, Deliver me speedily; Be my rock of refuge, A fortress of defense to save me.**

Here we can see that David is just asking the Lord to bow down His ear to him. In other words David is approaching the Lord with reverence, respect and humility. David isn't assuming or demanding that God must work on His behalf but instead appeals to the Lord to work things out swiftly.

I always appreciate David's reverence for the Lord as he went through life. David did truly rest in the Lord on many occasions. I especially appreciate how David was so patient as he waited on the Lord to deal with Saul. David had opportunities to kill Saul and yet he would say "I will not touch the Lord's anointed" and the Lord did finally take care of business on behalf of David...but overall, there is just the sense of rest and trust in David's life that the Lord is going to do the right thing.

We do see David ask the Lord to deliver him speedily in this situation that he was passing through. That's a prayer of mine often and I'm sure it is in your life also. When things go sideways we are looking for the quickest exit and yet its important to remember that even if things develop slowly in a situation that the Lord has a plan in it all.

We also see David say here that he wanted the Lord to be his rock of refuge. When I think about a place of refuge I think about a place of rest, safety, recovery and more.

It's interesting that though David was going through something difficult in his life he said that he wanted the Lord to be His

refuge...The Lord is a very present help in time of need is he not? The Lord is the one that we can find strength in when all else fails.

I want to ask you today do you truly find refuge in the Lord? Or is the Lord the last one you look too as you go through life? I think we can often get it backwards and we can try to solve our problems in our own strength and our own abilities and all the while the Lord I believe has His hands wide open to us if only we would come to Him.

Some of you may be carrying burdens today and really I want you to know that you can find refuge in the Lord...Life is always going to have difficulties but if you have Jesus in your heart you don't have to carry these burdens, but instead you can take them to Him and find rest for your soul. Psalm 55:22 encourages us with the following which says **Cast your burden on the Lord, And He shall sustain you; He shall never permit the righteous to be moved.**

When we think about the Lord being a rock of refuge I think of how some animals will find great safety in a rock. Snakes for example will curl up under rocks and find safety in them. I think you and I can find great safety as well in the Lord for He is our rock.

In Psalm 95:1 the Word says **Oh come, let us sing to the Lord! Let us shout joyfully to the Rock of our salvation.** And then in 2 Samuel 22:47 David said the following of God **"The Lord lives! Blessed be my Rock!**

Let God be exalted, The Rock of my salvation! God certainly is a rock that we can build our lives upon.

Which would you rather build on in life? The Lord Jesus who is a rock or the shifting sands of this world? I think the obvious answer is to

build your life on Christ...and yet are we doing that? Some of us may know what we should do and yet we aren't doing it...that's a life that needs a healthy dose of repenting and recognizing your life is going the wrong way.

Look with me at verse 3 which says ³**For You are my rock and my fortress; Therefore, for Your name's sake,**

Lead me and guide me. Not only did David request of God that He would be his rock and refuge but here we can see that indeed God was his rock and fortress...So David asked the Lord to be these things and then he affirmed by faith that the Lord already was and would be the very things that he was in need of as he went through this.

Sometimes its good to just voice to the Lord and affirm the things that He is in your life. It may be different for all of us. Some of us may be able to confidently say the Lord is our healer, others may say the Lord is my provider, some of us may say the Lord is my salvation or my peace or my safety...David knew as he had gone through so much in his own life that the Lord was his rock and his fortress, that the Lord was the One that He could hide behind.

And notice that David as he was speaking to the Lord requested the Lord would lead him and guide him...that's a great prayer to pray...Lord would you go before me as I go through life...Lord I don't want to be in the driver's seat of my life, I want to be all the way in the back seat just trusting you to lead the way. When it comes to how you live your life who is the leader of your life? Do you lead your life? Or do you constantly seek the Lord's guidance?

I think today there are many that name the name of Christ but when it comes down to it, THEY are the Lord of their lives instead of Jesus

being the Lord of their life. For many sadly I believe they live their life how they want to and then when everything is messed up they will call out to the Lord to come and fix things...That seems a silly way to live life to me. Why not put the Lord first in all things and seek His will in our lives and truly build our lives upon Him?

Let me just ask you “How often do you ask the Lord what it is that He wants for your life?” How often do you say “Lord you be the One to lead and guide my life?” For David we can see that he was submitted to the Lord’s will and seeking after it.

And notice that as he asked the Lord to lead and guide him that it was going to be for what? Was it for David’s goodness or blessing? No, David says may it be for your name’s sake. In other words, Lord as all this difficulty is happening around me and I am looking for you to work in my life I want you to work in a way that your name is known and regarded by those that see what you do in and through me.

Sometimes the Lord may put you in difficult situations in your life not only for your own good and development but that He might have the opportunity to be known to the world around you. I think when you are in a trial one of the best things you can do is to begin to work to look outside of yourself and ask the Lord how do you want your name to be known in this situation?

Look with me at verse 4 which says **4 Pull me out of the net which they have secretly laid for me, For You are my strength.** Apparently there was a trap in motion to try and come against David. I wonder if it was an enemy of David that this is referring to or perhaps the time that his own son Absalom had usurped the throne and was out to kill him. We can’t know for sure but either way it’s a sad situation.

Over in Psalm 141:10 the Word says this of those who lay out traps it says **Let the wicked fall into their own nets, While I escape safely.** I think God has a way of turning the works of those against us that are designed to cause us to trip and fall back upon their own heads...The Lord knows how to watch over His kids and He does an excellent job doing so.

You might take note that in verses 2-4 David speaks of the personal work of God in his own life...He asks the Lord to bow down his ear to him, deliver him, to be a rock of refuge, to be a fortress and a defense for him and then that the Lord is his rock and fortress...he then asks the Lord to lead him and guide him and finished by saying Lord you are my strength. So David here just again as he writes we can see how personal his relationship with God was.

Look with me at verse 5 which says the following **Into Your hand I commit my spirit; You have redeemed me, O Lord God of truth.** The beginning of this verse probably rings a bell in your mind for our Lord while upon the cross said these very words. The idea is that for both David and the Lord Jesus that committing their deepest being unto the Father was the place they were choosing to be at and find themselves in life.

The idea is that David is abandoning his own self-interest and his own self preservation and his own ideas about life into the hands of the Father. For some of us we can think that perhaps we have much greater difficulties than others and we can kind of get into the mode of feeling sorry for ourselves and we can think it's too hard to trust the Lord...I want to remind you though that Jesus went through more

affliction and suffering than anyone in history and He still gave Himself entirely to the Father's hands.

That can be a hard thing to do can't it? To abandon your own desires and your own thoughts and simply say "Father, it's not about me anymore, I am giving myself to you in this situation"

We also see here that David speaks of the redemption of God in his life and we should be reminded of what takes place in heaven and is spoken of in Revelation 5:9 when it says **And they sang a new song, saying: "You are worthy to take the scroll, And to open its seals; For You were slain, And have redeemed us to God by Your blood Out of every tribe and tongue and people and nation, The Lord has** certainly redeemed us from the pit of hell and a life of slavery under the authority of Satan.

Ok, let's pick up the pace here a little bit if you look at verses 6-8 which say **⁶I have hated those who regard useless idols; But I trust in the Lord. ⁷I will be glad and rejoice in Your mercy, For You have considered my trouble;**

You have known my soul in adversities,

⁸And have not shut me up into the hand of the enemy;

You have set my feet in a wide place.

David knew that he had a deep desire to stay away from anyone or anything that resembled idol worship and it may be that some accused him of doing just this as he went through his life...There are many that look to idols in life to solve their problems...the idols of prestige, money, family and so much more come to mind. David simply says Lord I won't look to anything but you in my life.

David knew as he cried out to the Lord that the Lord considered his troubles, and the Lord knew the heart of David as he went through great adversities in his life. The Lord knows your heart also, doesn't He?

Notice David also says of the Lord that He had set his feet in a wide place...as I think about that I think of how trials feel like you are trapped in a box and when the trials end the Lord can enlarge your boundaries and give you great peace and stability.

Look with me at verses 9-13 which say ⁹**Have mercy on me, O Lord, for I am in trouble;**

My eye wastes away with grief,

Yes, my soul and my body!

¹⁰For my life is spent with grief,

And my years with sighing;

My strength fails because of my iniquity,

And my bones waste away.

¹¹I 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.

¹²I am forgotten like a dead man, out of mind;

I am like a broken vessel.

¹³For 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.

Well, this kind of spells out the emotions, thoughts and feelings of David as he is going through this. David knew he was in trouble, his eyes were wasting away with grief probably referring to constant tears, his soul and his body were also wasting away and he says his life has been spent with grief...

and this is sad and hard to hear I think but notice in verse 10 he says HIS YEARS had been spent with sighing and this indicates the trial he was passing through had lasted a long time. Sadly not every trial is over as quickly as we would like is it?

David says of his strength that it had failed and notice one more thing here at the end of verse 10 when we are told BECAUSE OF MY INIQUITY...In other words Lord I'm asking you to work on my behalf and crying out to you and I'm going through this hard time and really Lord it's all my fault. Not every trial is the fault of others...sometimes the difficulties we are in are self-induced.

I appreciate though that David still had an expectation the Lord would work on his behalf. Even though we fail the Lord is still merciful and gracious to respond to us and work in us and through us. Even though David made a big mistake in his life at one point sleeping with another man's wife and then killing that man...the Lord still had David in authority and worked through his life.

David says of his bones that they wasted away, and his enemies were against him expressing their dislike of him and even his neighbors had turned on him, people fled from him as well and he was forgotten as a dead man and out of people's minds.

There were even many that slandered David speaking half truths and lies about him to smear his name...There were even some that had times that they came together behind his back and actively worked against him looking to take away his life.

When we look at that I think we can agree that's not a very good situation for David to have found himself in and yet the Lord was his refuge and shelter.

Look with me at verses 14-18 which say 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.

Even with all the terrible things happening around him David, who has built his life upon the rock, returns to the Lord and says, "my trust is in you." I'm not looking to anyone else Lord, but instead I am trusting in you.

Notice in verse 15 David says My times are in your hand...David knew that the Lord is ultimately the one that will either preserve his life or

allow his life to end. It should be the same recognition for us. We are not guaranteed tomorrow are we? The Lord will use you and I just as long as He desires to and then we'll move on into glory with Him.

David even asks that the Lord's face would shine upon him...I don't know about you but I sure do need the Lord's favor in my own life, I need Him to be with me and help me and strengthen me as I go through life and without the Lord shining upon me I'm in great big trouble.

There is a famous passage of scripture that has a blessing in it and is found in Numbers 6:24-26 and it says the following ²⁴ **"The Lord bless you and keep you;**

²⁵ The Lord make His face shine upon you,

And be gracious to you;

²⁶ The Lord lift up His countenance upon you,

And give you peace."

May the Lord do that in our lives today as we seek after Him.

Look with me at verses 19-20 which say 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.

I really like these verses. David is trusting in the goodness of God, He knows that goodness is what God has laid up for all those that fear him...He knows that the Lord will hide those that fear Him in the secret place of His presence away from the plots of man...And the Lord will keep them in a pavilion...a pavilion is kind of like a shelter or a place to find shade when the sun is strong. The Lord has a way of helping us when everything is tough in life.

I'm so thankful that when trouble surrounds us the Lord can and is a place of refuge for those that trust in Him. Have you learned that in your own life? Perhaps today you need to just come and commit your spirit to the Lord, perhaps today the Lord might be saying to you that it's time to go much further in your faith and your walk with Him. I love it that the Lord wants to be there for us no matter how difficult life may become.

Verses 21-24 say 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.

As David closes this Psalm he simply says blessed be the Lord and he comes back to the Lord taking care of him and being kind to him even though he had been at a place of despair as he said I am cut off from before Your eyes.

It's amazing to me that the Lord will so often show Himself faithful to us as we battle through the trials of life around us and as He does so the end result is praise unto Him and an encouragement to others that they too can seek the Lord and watch as He preserves the faithful.

I pray today the Lord will strengthen your heart as you go through life and that you can be of good courage as you seek to live for Him as you hope in the Lord and trust in Him.

Well, we are going to quickly work our way through Psalm 32 this morning and it's an important one and probably this Psalm was written in the aftermath of what was one of the biggest mistakes of David's life. He had taken the wife of another man and then orchestrated his death when she became pregnant.

It was a dark time in David's life for sure and eventually Nathan the prophet came to him and called him out for what he had done and David had repented and I believe this Psalm was written right after the Lord had worked so greatly in his life.

Look with me at verses 1-2 which say **Blessed is he whose transgression is forgiven, Whose sin is covered.**

²Blessed is the man to whom the Lord does not impute iniquity, And in whose spirit there is no deceit.

If you are in Christ I don't have to tell you but it is the most miraculous and amazing thing ever when you realize that because of what Jesus

has done on the cross for your sins and because you have come to Him by faith receiving Him in your heart you are completely and totally forgiven of all sin.

Of all the truths in the Bible to be able to know in your heart that you are forgiven of all wrongs is a great joy! You and I have done so many wrongs in our lives and we have done so much against God and yet there is a path to forgiveness and restoration as we simply come to Jesus by faith.

We even see here that those who are blessed are those that have a spirit that has no deceit...and that to me means that the person that has entered into this has a clean conscience, they have faced up to the things that they needed to as they have gone through life, they have confessed their sins unto the Lord and the Lord has in turn forgiven that person.

It's a glorious thing to have a clear conscience...I'm not sure if you have ever had a conscience that was not at peace with God...I know that I lived that way for many years before I came to surrender to Jesus and I can tell you that my spirit was full of deceit and I was full of contrition in my heart and mind...but when I came to Christ I found that my spirit was washed of deceit and when you find that in your life and you have peace within your soul it's a glorious thing.

The Bible says that one of the tasks of the Holy Spirit is to convict the world of sin and certainly the Spirit convicts even believers of their faults and failures as well...and David gives us a recounting of how that worked out in his own life if you look at verses 3-4 which say this

³When 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**

For David his heart was not at rest as he went through life, deep within his soul, night and day there was a heaviness within him and for him his life was like a drought in the summer...You know how the plants and the grass are when the summer sun comes out and the rain ceases...it all shrivels up and begins to die off and that's how David felt deep within his soul that he was dying, that he was parched that he was spent.

I have to tell you today that if you are living in sin whether you know Jesus or not that your life will be a lot like David's...Especially though if you have known the Lord and accepted Him within your heart...If that's you, I know that the Lord loves you enough to take away the peace that sits within your heart, I know that the Lord is convicting you and if there is sin that has not been dealt with I know that you are withering away inside of yourself.

**Look what happens though for David in verse 5 which says ⁵I
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**

Notice David confessed and the Lord forgave...You know that's all it takes as you go through life if you have been far from God...To confess your sin and turn back to Him...It's much like the prodigal son who left the care of his father to go his own way and when he finally came back the Father did what? He ran out and received him. I really love that about our Lord, no matter how far you may be from Him at this

moment in your life, the second you turn back to Him He warmly receives you and gives you life.

Verses 6-7 say ⁶For 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.

⁷You are my hiding place;

You shall preserve me from trouble;

You shall surround me with songs of deliverance. Selah

It's true that because the Lord is so forgiving and merciful in our lives as we experience that love we know that we can pray unto Him and as we do so that He shall be found.

I would ask you today when is the time that the Lord may be found? It's the moment you cry out to Him...and when is the time the Lord cannot be found? It's the moment that you pass from this world to the next one...I would simply say that the Bible says the day of salvation is today...not tomorrow, not next week or month but today the Lord wants to work in your life and forgive you if you will only come to Him.

As you do come to Him you discover that He is a hiding place and He preserves us from trouble.

Verses 8-11 say ⁸I will instruct you and teach you in the way you should go;

I will guide you with My eye.

⁹Do 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!

Not only does the Lord forgive you and I as we come to Him but then He wants to teach us.

And then we have an exhortation that David had when he said that we should not be like the horse or the mule which have no understanding and have to be harnessed with a bit and a bridle...In other words don't be stubborn like a mule or wild like a horse but instead submit yourself to the Lord.

Those that choose to remain as wicked will encounter many sorrows but those that trust in the Lord will be surrounded by mercy.

You and I should rejoice in the Lord and shout for joy for He has been so good to us.

Let's move into our time of communion.

Psalms 31-32 “The Freedom Of Forgiveness”

Chapter 31

Verse 1

2 Peter 1:12-15

Verse 2

Psalm 55:22

Psalm 95:1

2 Samuel 22:47

Verse 4

Psalm 141:10

Verse 5

Revelation 5:9

Verses 14-18

Numbers 6:24-26