

Scripture Reading: Psalm 31:1-8

Prayer: Let us pray

Subject: “**God Has Rescued Me**”

Opening Statement: Share experience...

Tony Bullimore, aged fifty-six, was one of Britain’s most experienced transatlantic yachtsmen. He was feared dead after his sixty-foot yacht, **Exide Challenger**, capsized amid the icy vastness of the Southern Ocean, two months into the Vendée Globe round-the-world race.

The keel came off in fifty-foot waves. The boat went over. In his book, “*Saved*”, Bullimore described it as being like the Niagara Falls upside down. For four days he was entombed in a dark, noisy, wet, and cold upside-down world with fifty-foot swells and a temperature hovering around freezing.

He suffered the discomfort of seasickness and drawing breath from a few feet of air between the water level and what was once the bottom of the boat. He was more than a thousand miles from the nearest land. As the air supply diminished, he prayed that he would be **rescued**.

It was the Royal Australian Navy that came to the rescue. With modern satellite and surveillance technology the Australian government had pinpointed the progress of all the yachts and sent out a rescue team.

After four days, Bullimore heard banging on the side of his yacht. He said afterwards, ‘*I can never thank the Australian Navy enough for what they have done because they have genuinely *saved my life*, there is no question.*’ The first words when he emerged were, ‘*Thank God, it is a miracle.*’ He said, ‘*I felt like I had been born all over again. I felt like a new man. I felt I had been brought to life again.*’

As one journalist put it at the time, “*A *rescue* that succeeds against all odds and every expectation is the best of all stories. It is pure and spontaneous joy.*” Supremely Jesus ‘gave himself for our sins to **rescue** us’ ([Galatians 1:4](#)).

Galatians 1:4 (KJV)

⁴ Who gave himself for our sins, that he might deliver us from this present evil world, according to the will of God and our Father:

As I look back on my life, I can see many occasions when God has *rescued* me.

As you face difficult situations you can trust that God will rescue you.

Psalm 31:1-8: This is another psalm of David.

In it he details some of his troubles and pleads for deliverance and praises God when deliverance comes.

Many thoughts in the psalm are interwoven into each section.

THE OUTLINE (Main points) OF THE CHAPTER:

- A. The Prayer for Deliverance ([Psalm 31:1-9](#))
- B. The Persecution by the Enemy ([Psalm 31:9-13](#))
- C. The Preservation by God ([Psalm 31:14-22](#))
- D. The Praise for God ([Psalm 31:23, 24](#))

It is sometimes very hard to keep **trusting** in God, especially if things seem to go wrong in your life – with your relationships, work, finances, health or some other situation. David’s prayer here is an encouragement to cry out to God to **rescue** you and then to put your trust in God.

As Tony Bullimore prayed for rescue, so David prayed, ‘Turn your ear to me, come quickly to *my rescue*’ (v.2a), ‘*I trust in, rely on, and confidently lean on the Lord*’ (v.6b, AMP).

David said, ‘Into your hands I commit my spirit’ (v.5).

Just before he died, Jesus echoed these words. He called out with a loud voice, ‘*Father, into your hands I commit my spirit*’ (Luke 23:46).

These are the ultimate words of trust.

In this psalm we see the results of God’s love for you shown supremely through the death of Jesus.

The Lord is:

I. **Your Refuge**

The psalm starts with the words, ‘In you, Lord, I have taken **refuge**’ (Psalm 31:1a).

Later he says, ‘Keep me free from the trap that is set for me, for you are *my refuge*’ (v.4).

There are many trials, tests, traps, and temptations in this life. In all this, the Lord is your **refuge**.

The Lord is *Your Refuge* but also...

II. **Your Rock**

David writes, Lord ‘be my rock’ (v.2b) and ‘since you are *my rock* and my fortress, for the sake of your name lead and guide me’ (v.3).

You can know God’s guiding and leading, by his Spirit. He is your security on which you can depend.

The Lord is *Your Refuge, Your Rock* but also...

III. **Your Rescue**

He prays, ‘Turn your ear to me, come quickly to *my rescue*’ (v.2a).

He goes on to describe how God saw the ‘affliction and... anguish of [his] soul’ (v.7b).

Yet God did not hand him over to the enemy (v.8a).

He rescued him and has ‘set [his] feet in a spacious place’ (v.8b).

In Jesus you receive the ultimate rescue. He will set your feet in a spacious place.

Lord, thank you that you have **rescued** me. In all the trials of life, help me to keep trusting in you.

Conclusion: I have 2 questions for you:

1. Have you been “*rescued*” as a sinner to become a believer?
2. Do you, as a believer, need “*rescued*” from anything in your life tonight?

TRUST THE WORD OF GOD!!!!

Please stand while we sing...

Invitation Hymn:

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*The main outline points and comments following them were written by Nicki Gumbrel: *The Bible In*

One Year Devotion