

Finding Hope When Life Seems Hopeless

(Part 1)

Psalm 31:1-24

This Psalm was written from the perspective of someone who was under intense _____, overwhelming _____, and was facing the threat of imminent death.

While this Psalm doesn't identify one specific event in David's life, most scholars believe that it was connected to a time in his life when he was literally running for his _____!

Psalm 31 is a psalm of _____ and _____, and as such, it guides believers to entrust their lives to God during times of intense distress and emotional turmoil.

I. This Psalm Teaches Us The Importance Of Running To _____ Alone In Times Of Personal Crisis (vv 1-8)

In Hebrew poetry, intense emotions are often expressed through vivid _____ images - such as rocks, strongholds, and impenetrable fortresses.

The phrase **'incline your ear to me'** is a metaphor that depicts God as bending down like a loving _____ in order to hear the desperate cry of His child.

The phrase **'into your hands I commit my spirit'** makes Psalm 31 especially important for believers as a prayer of _____ and trust during times of suffering, anxiety, and danger.

vv 7-8 are a declaration of David's profound trust and gratitude because they shift our attention from his desperate _____ to his confident _____.

Joy is a choice, it's not based on perfect circumstances, but on the unchanging _____ of God's unfailing love.

The Hebrew word translated **'known'** implies deep, experiential _____.

In the Hebrew language, the word for **'distress'** or **'trouble'** literally means a tight, narrow, and suffocating _____.

In contrast, the phrase **'broad place'** represents the exact opposite - it means relief from confinement, panic, and pressure. It literally means 'room to _____!'

These verses teach that peace doesn't come from the _____ of trouble, but it comes from the _____ of God in the midst of trouble.

II. This Psalm Teaches Us The Importance Of Being About Our Circumstances and Our Suffering (vv 9-13)

Clearly, in these verses David didn't hold back when describing the depths of his emotional and physical suffering. He was being completely _____ and _____.

In v 9, he said '**his eyes were dim with grief**' - an expression that described his constant _____ and emotional _____.

And then he said '**his soul and body were wasting away**'. In other words, David's pain could be felt both _____ and _____.

He said '**his life was consumed by anguish and groaning**'. This wasn't just a temporary setback, instead, it was _____ suffering.

In v 10, he said '**his strength was failing because of his affliction/sin.**' David was either acknowledging his guilt, his weakness, or simply the _____ weight of his hardship.

The words of v 11 capture the _____ that so often comes with suffering, disgrace, or danger.

Clearly in vv 12-13, David felt as _____ and disregarded as a broken clay pot that was simply thrown away.

David's suffering was real, **BUT** it wasn't the _____ word as we will see next week!

Conclusion:

God sees, God hears, God knows, and God _____. *In fact, He even wrote us a book to make that abundantly clear!*