

Finding Hope When Life Seems Hopeless

(Part 2)

Psalm 31:1-24

Remember, Psalm 31 is a Psalm of both **suffering and trust**, and as such, it guides us to _____ our lives to God during times of intense distress, emotional turmoil and physical suffering!

- I. This Psalm Teaches Us The Importance Of Running To **God** Alone In Times Of Personal Crisis (vv 1-8)
- II. This Psalm Teaches Us Teaches Us The Importance Of Being **Honest** About Our Circumstances And Our Suffering (vv 9-13)
- III. This Psalm Teaches Us The Importance Of Having An Active _____ And Steadfast _____ In God (vv 14-18)

If the truth be known, this same pattern is not an _____ experience in the lives of many believers today, and some of you know exactly what I'm talking about!

Job 5:7

It's important to understand that one of the distinguishing marks of a true believer is seen in how they _____ and _____ to the everchanging and painful events of life.

The word **'but'** in this verse is the pivotal _____ of the entire Psalm.

This was a dramatic move from desperation to _____; from fear to _____!

Faith is not a denial of fear and danger, it is a movement _____ fear and danger.

The Hebrew word translated **"times"** refers to either a particular _____ or a _____ of life.

This was David's way of acknowledging that all of the circumstances of his life were under the _____ control and care of Almighty God!

The circumstances and seasons of our lives are not determined by some cold, impersonal force, they are controlled by a loving, caring, _____ God!

Isaiah 46:9-10; Romans 8:28

IV. This Psalm Teaches Us The Importance of Celebrating God's Constant And Abundant (vv 19-24)

In the span of just a few short verses, David went from pouring out his _____
to God to _____ God.

In the Hebrew language, the phrase '*in my alarm*' can also be translated 'in my
_____' or 'in my _____.'

Key takeaway: Just like David, we too must ***choose to surrender*** our lives into
God's hands, confident that our future is secured by His faithful, sustaining grace,
regardless of the surrounding circumstances!

In times of heartache and suffering, loss and loneliness, adversity and anxiety, we have
a responsibility - and our responsibility is to _____ to God!

This movement reflects David's '_____ toward trust' - and that's why
believers often turn to Psalm 31 during times of grief, illness, betrayal, and anxiety.

The bottom line is that throughout our lives we are being _____ in the school of
God's providence.

For the believer, the sovereignty of God is the basis of our _____ and
_____.

There's no need to panic, there's no need to fear, God works all things, at all times,
in all places, after the counsel of His will in order to accomplish all His _____.

Conclusion:

***God doesn't ask us to understand His plans and purposes in our lives,
He simply asks us to put our _____ in Him!***