

Psalm 31 - My Times Are In Your Hand

November 14, 2019

- The Psalms are Divine therapy. They confront the warfare of our mind, emotions and will and bring those battles to the forefront where they can be surrendered, dealt with and healed by God.
- Natural man can only entertain, ignore, deny or numb the thoughts and feelings, wounds and scars. But they only fester, producing more and more poison in the soul and spirit.
- Much of our spiritual warfare against the kingdom of darkness occurs in the realm of our soul: our mind and our emotions. The Psalms are an essential weapon in the warfare in our mind and emotions.

MY FUTURE SECURE

Psalm 31:3-5 ESV To the choirmaster. A Psalm of David.

3 For you are my rock and my fortress; and for your name's sake you lead me and guide me;

4 you take me out of the net they have hidden for me, for you are my refuge.

5 Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.

- The “*hidden net*” which entangles, ensnares and condemns to Hell is three-fold:

- the sin in our members

Galatians 5:17 ESV

17 For the desires of the flesh are against the Spirit, and the desires of the Spirit are against the flesh, for these are opposed to each other, to keep you from doing the things you want to do.

- the world that surrounds and vexes us

2 Peter 2:7-8 ESV

7 and if he rescued righteous Lot, greatly distressed by the sensual conduct of the wicked

*8 (for as that righteous man lived among them day after day, he was tormenting (*basanizō* - to apply torture, vex with grievous pains, harass) his righteous soul over their lawless deeds that he saw and heard)*

- the spiritual battle in the heavenlies

Ephesians 6:12 ESV

12 For we do not wrestle against flesh and blood, but against the rulers, against the authorities, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places.

- **"...you have redeemed me..."**

Hebrews 10:10 ESV

10 And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

- My salvation is secure forever, once and for all, for all eternity, in the sacrifice of Jesus on the cross.
- Even my future sins, not yet committed and not yet confessed, are already forgiven in Jesus' sacrifice on the cross (*confession and repentance still required*).
- My forgiveness before God never wanes, never expires, and never needs to be refreshed, renewed or reactivated.
- My eternal salvation is not dependent upon my striving, my works or my performance in any way. My salvation is in Christ alone, by faith alone, by grace alone.
- We must never have the mentality that Jesus saved us on the cross, but now we have to keep ourselves saved. Being saved and staying saved is all the work of God.
- Therefore I pray with David and with Jesus, "**Into your hand I commit my spirit.**" This is my ONLY hope of redemption from my sin, from this world and from the kingdom of darkness.

"I cannot save and sanctify myself; I cannot atone for sin; I cannot redeem the world; I cannot make right what is wrong, pure what is impure, holy what is unholy. That is all the sovereign work of God."

—Oswald Chambers

John 6:37-40 ESV

37 All that the Father gives me will come to me, and whoever comes to me I will never cast out.

38 For I have come down from heaven, not to do my own will but the will of him who sent me.

39 And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day.

40 For this is the will of my Father, that everyone who looks on the Son and believes in him should have eternal life, and I will raise him up on the last day."

Hebrews 7:24-25 ESV

24 but he holds his priesthood permanently, because he continues forever.

25 Consequently, he is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.

Jude 1:24 ESV

24 Now to him who is able to keep (phylassō - guard from being lost, preserve safe and unimpaired, keep for one's self) you from stumbling and to present you blameless before the presence of his glory with great joy...

1 Thessalonians 5:23-24 ESV

23 Now may the God of peace himself sanctify you completely, and may your whole spirit and soul and body be kept blameless at the coming of our Lord Jesus Christ.

24 He who calls you is faithful; he will surely do it.

Philippians 1:6 ESV

6 And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.

THE TOLL OF THE BATTLE

Psalm 31:9-10 ESV To the choirmaster. A Psalm of David.

9 **Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief; my soul and my body also.**

10 **For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away.**

- Walking with God on planet Earth is like swimming in quicksand; exhausting, dangerous and requiring continual persistence.
- Nothing less than God's supernatural strength will sustain us.

2 Corinthians 4:16-18 ESV

16 So we do not lose heart. Though our outer self is wasting away, our inner self is being renewed day by day.

17 For this light momentary affliction is preparing for us an eternal weight of glory beyond all comparison,

18 as we look not to the things that are seen but to the things that are unseen. For the things that are seen are transient, but the things that are unseen are eternal.

3 KEYS TO WALK IN DIVINE STRENGTH *(the only solution)*

- **Abide in His Presence.**
- **Feed on His Word.**
- **Surrender to His Will (written and sovereign).**

Abide in His Presence

Psalm 73:26 ESV

26 My flesh and my heart may fail, but God is the strength of my heart and my portion forever.

Psalm 23:4 ESV

4 Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me.

Acts 7:54-55 ESV

54 Now when they heard these things they were enraged, and they ground their teeth at him.

55 But he, full of the Holy Spirit, gazed into heaven and saw the glory of God, and Jesus standing at the right hand of God.

Psalm 16:11 ESV

11 You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.

Nehemiah 8:10 ESV

10 And do not be grieved, for the joy of the LORD is your strength."

Isaiah 40:29-31 ESV

29 He gives power to the faint, and to him who has no might he increases strength.

30 Even youths shall faint and be weary, and young men shall fall exhausted;

31 but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.

Feed on His Word

Jeremiah 15:16 ESV

16 Your words were found, and I ate them, and your words became to me a joy and the delight of my heart, for I am called by your name, O LORD, God of hosts.

Hebrews 4:12 ESV

12 For the word of God is living and active, sharper than any two-edged sword, piercing to the division of soul and of spirit, of joints and of marrow, and discerning the thoughts and intentions of the heart.

John 6:63 ESV

63 "It is the Spirit who gives life; the flesh is no help at all. The words that I have spoken to you are spirit and life."

Psalm 119:32 ESV

32 I will run in the way of your commandments when you enlarge my heart!

Surrender to His Will

Matthew 11:28-30 ESV

28 Come to me, all who labor and are heavy laden, and I will give you rest.

29 Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls.

30 For my yoke is easy, and my burden is light."

Acts 26:14 ESV

14 And when we had all fallen to the ground, I heard a voice saying to me in the Hebrew language, 'Saul, Saul, why are you persecuting me? It is hard for you to kick against the goads (kentron - sting, prick, goad).'