

Lament Resolution

Psalms of David · Book I

"For the Chief Musician. A Psalm by David."

PICTURE WORD

Into Your Hands

IN ONE SENTENCE

*David takes refuge in the LORD his rock, commits his spirit into God's hand, and urges all who hope to be strong.***Remember it:** Thirty-one: into your hands my spirit goes, my times are there too.

MEMORY VERSE

Into your hand I commend my spirit. You redeem me, Yahweh, God of truth.

Psalm 31:5 · World English Bible

HEBREW WORD

חֲסִיתִי

"take refuge" · verse 1

In the Psalms: 25 times, in 20 psalms

חֲסִיתִי means "I take refuge." The verb pictures running for shelter, as a chick hides under its mother's wings or a traveler ducks into a cave from a storm. It is a word of action: trust that moves toward God.

HOW THE PSALM MOVES

- 1–8** David takes refuge in his rock and commits his spirit.
- 9–13** He describes grief, scorn, and plots against his life.
- 14–18** He trusts: his times are in God's hand.
- 19–24** He praises God's goodness and calls the faithful to courage.

IN THE NEW TESTAMENT

v. 5 → Luke 23:46 Jesus' last words: 'Into your hands I commit my spirit.'

MY NOTES

**Listen.** Hear Psalm 31 sung in the **Psalm Song** app, or free at ispress.de/psalms/31.**Cantillated.** Sung: chanted back and forth between a leader and the people.

Refuge in Trouble

God Will Not Abandon You

FILL IN THE BLANKS

David takes _____ in the LORD his rock, commits his _____ into God's hand, and urges all who hope to be _____.

CHECK YOURSELF

1. What does David commit into the LORD's hand?

☐ (A) His kingdom

☐ (C) His sword

☐ (B) His spirit

☐ (D) His children

2. What does David say he has become like?

☐ (A) A green tree

☐ (C) Broken pottery

☐ (B) A roaring lion

☐ (D) A tall tower

3. What does David say is in God's hand?

☐ (A) His times

☐ (C) His crown

☐ (B) His enemies' gold

☐ (D) His harp

TALK IT OVER

1. What are the troubles David describes in verses 9 to 13?

2. Jesus prayed verse 5 on the cross. What does that show about trusting the Father?

3. What would change if you truly believed "my times are in your hand"?

IN YOUR OWN WORDS: WHAT DOES PSALM 31 TEACH?

☐ I listened to the song

☐ I can say verse 5 by heart

☐ I can say what it teaches

☐ I know the picture word

Answers: Blanks: refuge · spirit · strong · Check yourself: 1. B (v. 5) · 2. C (v. 12) · 3. A (v. 15)