

Psalm 31 - Psalm 31:1-24

Topics: Answers, Comfort, Commitment, Conflict, Confusion, Deceit, Despair, Enemies, Faithfulness, Fear, Forsake, Freedom, Goodness, Guidance, Hatred, Hope, Idolatry, Joy, Listening, Love, Lying, Mercy, Neighbor, Praise, Prayer, Protection, Righteousness, Salvation, Sorrow, Soul, Strength, Submission, Trust, Truth, Worship

Open It

1. To you, what's the best example of strength?
- * 2. Whom would you describe as a strong person? Why?

Explore It

- * 3. Why did David appeal to the Lord for help? (31:1-5)
4. What difficult circumstance motivated David to write this poem? (31:1-24)
5. What one theme unifies this psalm? (31:1-24)
6. How did David describe the Lord in this passage? (31:2-5, 16, 19-24)
7. What was at stake in David's safety? (31:3)
- * 8. What did David commit to the Lord? (31:5, 15)
9. How are the wicked described in this passage? (31:6, 17-18)
10. How strong was the conspiracy against David? (31:9-13)
11. How did David feel about his predicament? (31:9-13)
12. What defense did David have against the schemes of his enemies? (31:14-18)
13. Why did David expect God to treat him favorably? (31:17-18)
14. What did David anticipate in the future? (31:19-20)
15. What did David's anticipation reveal about his relationship with the Lord? (31:19-24)
16. How does God treat the faithful and the proud differently? (31:23)
- * 17. What final advice concludes this psalm? (31:23-24)
18. To whom are David's concluding instructions directed? (31:23-24)

Get It

19. How is the Christian view of strength different from the world's?
20. When have you felt the same emotions that David describes in this psalm?
21. When is it most difficult for you to trust in the Lord?
22. Where do we usually turn when we face overwhelming circumstances?
23. What do people often do when they feel overstressed or overwhelmed?
24. What does David teach us about dealing with stress through his example in this psalm?
25. What defense do we have against our "enemies"?
26. What kinds of "enemies" do you face nowadays?
- * 27. What overwhelming problem or challenge do you face this week?
28. How can we demonstrate our trust in the Lord during difficult times?
- * 29. What does it mean to follow David's instructions to "be strong and take heart"?

Apply It

- * 30. How can you pray this week to help you through the challenges you face?
31. What do you want to remember the next time you feel overwhelmed or overstressed?