

Finding Yourself in the Psalms
Psalm 31
A Psalm When You Feel OVERWHELMED

- v 4 trapped
- v 6 evil people
- v 10 emotional sorrow
- v 12 loneliness
- v 13 threats
- v 22 fear

- I. The Depth of David's Distress. 31:1-13
 - A. "Life consumed with anguish" v 10 EMOTIONAL
 - B. "Strength fails" v 10 PHYSICAL
 - C. "I am cut off" v 22 SPIRITUAL

- II. The Reasons We Feel Overwhelmed
 - A. Illness. 2 Cor 4:16-5:4 "The outer man is perishing"
 - 1. Losing hair
 - 2. Losing teeth
 - 3. Class reunions (fewer and fewer every year)
 - 4. Aches, pains, limitations
 - B. Persecution from God's enemies. Psalm 31:11. ANSWER 31:23-24
 - 1. Scrogie: "This Psalm is like watching a small ship on the waves. Up, down. Crest, trough. **But the sunshine is the last, not the rain.**"
 - 2. This is a Psalm of COURAGE, not PITY.
 - 3. Discouragement happens. Overwhelmed happens. DESPAIR does not belong.
 - C. Disappointments in life. ANSWER Rom 8:28.
 - 1. Illus - Naomi, - Corrie Ten Boom, - Jamie Burnham, - JOB 13:15 "though he slay me. . ."
 - 2. Some of the most difficult times in our lives are there from God to help us grow. MOSES in Egypt, JOSEPH in Potiphers house, PAUL **Phil 4:12-13** "**Learned the secret. . . all things through Christ**"

- III. The Remedy for Those who Feel Overwhelmed. Psalm 31:14-15
 - A. "But as for me. . ." Make up your mind
 - B. "Thou art my God. . ." Give God control. He is bigger than we are
 - C. "My times are in your hand. . ." Rest in His sovereignty.

Nothing can happen to us outside of God's control. Death, the thing we fear the most and have the least control over, **God has complete control.**

Ps 23:4 "yea though I walk."

Ps 116:15 "precious in the sight."

Romans 14:8

8If we live, we live to the Lord; and if we die, we die to the Lord. So, whether we live or die, we belong to the Lord. Philippians 1:21For to me, to live is Christ and to die is gain.