

TAKING REFUGE IN THE HANDS OF GOD

A Sermon Outline

Presented to

Instructor: Kevin Rutherford

Memphis School of Preaching

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By

Shadrack Oppong

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Text: Psalm 31:1-24

Thesis: To remind us to trust God and leave all in His Hands.

INTRODUCTION

1. David as a teenager and in his adult life was faced with different challenges and threats (1 Sam. 17:34-37; 19:1-10, 20:1-3).
2. The way and manner in which “the man after God’s own heart” handled his troubles are of great motivation to us today.
3. It is believed that the 31st Psalm was written in connection with the rebellion by Absalom, the son of David.
4. David was under pressure and stress when his own son and close friends took a turn on him while he was dealing with the guilt of his sins (1 Sam. 15:7-23).
5. In the heat of these troubles, David took refuge in the Lord.
6. In this lesson, we shall consider five main points.
 - I. CRYING FOR RESCUE IN TIMES OF STRESS.
 - II. TRUSTING THE HAND OF GOD TO SAVE.
 - III. LAMENTING OVER THE DANGERS.
 - IV. PRAYING FOR DELIVERANCE.
 - V. PRAISING GOD FOR HIS RESCUE.

DISCUSSION

- I. CRYING FOR RESCUE IN TIMES OF STRESS (Psa. 31:1-4).
 - A. Troubles are real and have no boundaries or respects for persons.

1. Being God's children do not immunize us against difficulties of life.
2. David was a man after God's own heart, yet he faced distresses in his life.
3. His call and cry unto God were as a result of troubles beyond his control and strength even as a king.
4. We may sometimes face distresses which may be consequences of our sins but most of the times they would have no connection to our transgressions.

B. There are times that we ought to cry for rescue and for redemption.

1. David cried out "let me never be ashamed, deliver me" (Psa. 31:1).
2. He acknowledged that he needed a deliverer and a savior who was stronger than him (Psa. 31:2).
3. He cried out to the Lord as his rock and fortress for leadership, and for guidance so should we in those times of difficulties (Psa. 31:3).
4. It may not be ideal to pray for a trouble-free life on this side of eternity, but we can pray and rely on the Lord for strength to help us pull out of troubles (Psa. 31:4).
5. If we think we are strong enough to handle matters on our own, God will respect our choices.
6. But if we would lean on Him and acknowledge Him, He shall direct our path (Psa. 31:3,4; Prov. 3:5-6).

C. The Lord God is a strong rock for defense so cry unto to Him in your distresses and He will come through for you.

D. Even if our stress is the consequences of our sins, we can still take refuge in the Lord.

II. TURSTING THE HAND OF GOD TO SAVE (Psa. 31:5-8).

A. Committing into God's hand your spirit.

1. In the midst of the enemies and troubles, David knew that only the hand of God could change things.
2. He trusted the Lord not only in his physical situation, but spiritual as well.
3. David said, "into thine hand I commit my spirit," relinquishing control of the situation and allowing God's will to rule.
4. He understood that our lives are in the hands of the Lord God of truth (Psa. 31:5).

B. Trusting in the Lord's ability to preserve life (Psa. 31:6; cf. 37:23-28, 33-40).

1. David despised those who cling to worthless idols and rely on self.
2. He understood that vanity were vain idols (Psa. 31:6).
3. He trusted God to preserve his life to the point of life after here.

C. Standing tall in the space God has created for us.

1. David demonstrated his faith in the Lord when he said, "I will be glad and rejoice in thy mercy," indicating his strong conviction and trust in God.
2. The Lord knows our troubles therefore trusting His saving hands should make us stand tall.
3. Examples of those who stood tall because of their trust in God are Shadrach, Meshach, and Abednego as well as Daniel (Dan. 3:9-25; 6:10-22).
4. If the Lord has known our souls, so shall He provide a way for escape from adversities (Psa. 31:7).

D. Holding onto the God who will not hand us over to the enemy.

1. God will not trade us to the enemy, He is faithful (Psa. 31:8).
2. The enemy may have closed in, but the Lord will set our feet in freedom.
3. Our troubles may cause us to be shaking, but the rock of our fortress will remain immovable.
4. God will not betray us, we must take refuge in His hands.
5. We just need to take refuge in Him for He is trustworthy.

III. LAMENTING OVER THE DANGERS (Psa. 31:9-13).

A. David's cry of despair.

1. Just as it seemed the storm had subsided, sorrow dropped into his life.
2. David was in hopelessness as he saw troubles coming upon him.
3. He understood that the consequences of his sins which were foretold by Nathan had begun so he cried for mercy (Psa. 31:9; 2 Sam. 12:1-15).
4. The enemies were David's neighbors; his son (Absalom), his counselor (Ahithophel) and those close to him (2 Sam. 15:13-23).
5. He cried for mercy in times of dangers.

B. David's fear of perishing.

1. David was filled with distresses which made him feared that he was about to perish (Psa. 31:9).
2. He was filled with sorrow and his eyes were flooded with tears (Psa. 31:10).
3. David, a man of war, fled from the comfort of his home when his strength left him like the case of Samson because of his iniquities (Psa. 31:10-11 cf. Judge 16:20-22).

4. David called for mercy when the people became loyal to his son Absalom and forgot him like a broken vessel (Psa. 31:12).
5. He was in deep despair physically and emotionally.

C. David saw terror on every side of him.

1. David's enemies were still condemning him long after God had forgiven him.
2. They were talking against him, making his name a reproach (Psa. 31:1, 11, 13, 17, 20).
3. David demonstrated to us that even if our calamity is the direct result of our sin, we can still run to God for refuge and know that He will receive us!

IV. PRAYING FOR DELIVERANCE (Psa. 31:14-18).

A. David made his request known to God by prayer.

1. After lamenting over his distresses, David understood that no amount of tears or worries could change his situation (Psa. 31:14-18; Mat. 6:25-34).
2. He turned to God to reaffirm his trust in the Lord.
3. Nobody knows our troubles better than the all-knowing God, so David called on God and said, "Thou art my God"! (Psa. 31:14).
4. David prayed and said, "my times are in thy hand, deliver me" (Psa. 31:15).

B. Pray for deliverance from trouble and for God's favor (Psa. 31:15b-16).

1. David prayed for deliverance from those who persecuted him (Psa. 31:15b).

2. We can pray for the Lord to shine His face upon you, yes, when others cause pain, ask God for His mercy.
 3. Call on the Lord to save you by His mercies for God is a merciful God (Psa. 31:16).
- C. Have an antidote to despair which is faith, for the victory that has overcome the world is faith in the Lord (Psa. 31:15-16, 1 John 5:4).
- D. The Lord will bring shame upon the wicked (Psa. 31:17-18).
1. The wicked don't call on the Lord for help.
 2. The wicked speak with lying lips but God is a God of truth (Psa. 31:18).
 3. The wicked speak arrogantly against the righteous with pride and contempt (Psa. 31:18).

V. PRAISING GOD FOR HIS LIBERATION (Psa. 31:19-24).

- A. David sang praises unto God even when his battles were not over.
1. David proved that he had indeed taken refuge in God.
 2. Although the troubles had not been overcome, he praised God as though they were no more.
 3. God lay His goodness up for those who fear Him including us.
 4. David understood and so should we, that the Lord lift up the humble but resist the proud (Psa. 31:20; Jas. 4:6-10).
- B. Give thanks and bless God for His deliverance (Psa. 31:21-22).
1. Praise God for His protection.
 2. Praise God for His lovingkindness.
 3. Praise God for His listening ear (Psa. 31:22).

C. Encouragement to the saints to be strong in faith and to keep their hope in the Lord (Psa. 31:23-24).

1. Rest in the faithfulness and justice of God because “the Lord preserves the faithful” (Psa. 31:23).
2. Keep hoping by loving the Lord with your whole heart for the Psalmist said, “O love the Lord, all you His godly ones!” (Psa. 31:23).
3. Keep hoping by fortifying your courage “be strong and let your heart take courage” (Psa. 31:24).

CONCLUSION

1. In this lesson, David showed us that even if our calamity is the direct result of our sin, we can still run to God for refuge and comfort and know that He will receive us!
2. David was faced with challenges and distresses, so he cried for rescue.
3. He trusted the Lord’s hands to save him.
4. He lamented over the dangers and fears.
5. However, he prayed for deliverance.
6. When all were not over, he trusted the Lord’s hands, so he praised God because he trusted that God would come through.
7. We may be in times of distresses too, but if we would keep hoping and take refuge in the hands of the Lord, in due time He will come to our rescue!