

My Time Is in His Hands

Description

Psalm 31:14-24.

We do not know much about the circumstances that shaped the writing of Psalm 31. It says it is a psalm of David that has been put to music for worship purposes. The title of each psalm is its first phrase. Here, that is, "In you, LORD, I have taken refuge." It gives us an idea that this psalm may have been written when the writer was under attack.

The word repeated in the psalmist's praise is "refuge." He tells of traps set for him, being in a besieged city, and of enemies known and unknown. He returns to his declaration, "You are my refuge." (v. 4).

This psalm contains the phrase "my times are in your hands." God has superintended over our coming into this world, and God will watch over our going (see 121:8).

Relax; if you have trusted your life into God's care, be reminded that God has got this. This psalm contains Jesus' last words from the cross: "Into your hands I commit my spirit." (v. 5). Perhaps He quoted it as reassurance.

In our key verse, David rejoices in the fact that God preserves those who trust in Him. He finishes by saying, "Be strong and take heart." (v. 24).

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