



July 13, 2025  
Worship Service  
Pastor Bruce Adrian  
WeAreLifeBridge.com

## Summer in the Psalms

Lesson Five • Psalm 31

### In Times of Trouble

#### Main Point of Psalm 31

In times of trouble ENTRUST your life to the Lord,  
knowing that our times are in His hands.

*But I trust in You, O LORD; I say, "You are my God." My times are in Your hand;  
rescue me from the hand of my enemies and from my persecutors! Psalm 31:14-15*

#### In Times of Trouble

### 1. CRY OUT to the Lord for Help!

#### Prayer of Confidence

- RELY on God's sufficiency (v. 1-5).
- REJOICE in God's steadfast love (v. 6-8).

### 2. BE HONEST about Your Distress!

#### David's Distress

- David is honest about his EXHAUSTION (v. 9-10).
- David is honest about his ISOLATION (v. 11-12).
- David is honest about his INTIMIDATION (v. 13).

### 3. AFFIRM Your Trust in the Lord!

#### When Everything Falls Apart What Can You Do?

- You can hold on to God's PROMISES (v. 14).
- You can rest in God's SOVEREIGNTY (v. 15).
- You can expect God's STEADFAST LOVE (v. 16).
- You can plead for God's JUSTICE (v. 17-18).
- You can rejoice in God's GOODNESS (19-20).

### 4. PRAISE the Lord for His Help!

#### Two Reasons for Praise

- Praise the Lord for SHOWING steadfast love to His people (v. 21-22).
- Praise the Lord for PRESERVING His people in times of trouble (v. 23).

#### Takeaway

In times of trouble BE STRONG, take courage, and hope in the Lord,  
for our times are in the Lord's hands.

*Be strong, and let your heart take courage, all you who wait for [or hope in] the LORD!  
Psalm 31:24*