

OUR FUTURE IS IN GOD'S HANDS

PSALM 31

MAIN TAKEAWAY

As Christians, we are indestructible until God is done with us because He determines the length of our lives. God is writing your story!

INTRODUCTION

As your group time begins, use this section to introduce the topic of discussion.

What are some “life hacks” you know of that help promote a healthy lifestyle? Pastor Greg said, “Medical science seeks to add years to our lives, but only Jesus Christ can add life to our years.” How do you take personal responsibility for your life while also fully depending on God, who ultimately determines the length of your life? How have you learned to trust that your future is in God’s hands?

UNDERSTANDING

Unpack the biblical text to discover what the Scripture says or means about a particular topic.

HAVE A VOLUNTEER READ PSALM 31:1-8

Along with Psalms 27 and 54, David wrote Psalm 31 while on the run from King Saul (see 1 Samuel 23 for the background). In this context, how does David respond to adversity? How did God use this season of David’s life to prepare him to serve as the greatest of Israel’s kings (Acts 13:22-23)?

Pastor Greg said, “Sometimes the ones you help the most hurt you the worst. Sometimes fellow believers will criticize you when God begins to bless you.” It shouldn’t surprise us when opposition comes from a secular culture, but like David, how should we respond when opposition comes from supposed believers? How should the church work through conflict in relationships?

HAVE A VOLUNTEER READ PSALM 31:9-18

In this prayer, how does David put his hope in God? What is the source of your hope, and how can you grow to become more hopeful (Psalm 119:114; Romans 15:4)?

Corrie ten Boom said, "If you look at the world, you'll be distressed. If you look within, you'll be depressed. If you look at God, you'll be at rest." How is this truth seen in this psalm of David? Instead of looking outward or inward, how do you practically look upward and find rest in the Lord?

God is in control of our lives, and He determines how long we will live (vv.14-15). In what way does God have a beautiful future for His people (Jeremiah 29:11)? How should this future hope impact your present difficulty?

HAVE A VOLUNTEER READ PSALM 31:19-24

In the conclusion of this psalm, how does David take his eyes off his problems and put them on God? How do you find strength and courage in the Lord (John 16:33)?

How David entrusted himself to God points forward to Jesus' perfect obedience and trust in the Father, as Jesus quotes Psalm 31:5 as His last words from the cross (Luke 23:46). Because of Jesus, how can you entrust your future to God's hands (John 10:28-29; 1 Peter 4:19)?

APPLICATION

Help your group identify how the truths from the Scripture passage apply directly to their lives.

How does knowing that God determines the length of your life impact your everyday life? How does this help with adversity and fear of the future?

Pastor Greg said, "As Christians, we are indestructible until God is done with us." How does believing this truth help you live your life to the fullest for the glory of God? How have you grown to see the ways in which God is writing your story?

PRAYER

Give thanks to God that your future is in His hands. Pray that you will remain faithful and hopeful as you trust in God's Word. Ask for perspective to take your eyes off your problems and onto God's promises. Rejoice that you can entrust yourself to God because of what Jesus has done for you.