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Psalm 31

(2019)

Bible House of Grace contains an easy to read New and Old Testament commentary full of spiritual treasures and pearls, complete with an insightful resource guide illuminating God's love and grace.



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Although I believe my aim is pure and God's will perfect this document is still the product of a human man, as to such I neither claim perfect knowledge or perfect understanding.

Psalm 31.

Topics.

- Let me never be put to shame; in your righteousness.
- Be a rock of refuge for me, a strong fortress to save me.
- You have redeemed me, O LORD; I hate those who worship idols.
- My life is sorrow, my bones waste away, because of my iniquity.
- My adversaries plot to take my life; I trust in you, LORD.
- How abundant is God's goodness, stored up for those who fear him.
- Be strong, and take courage, all you who wait for the LORD.

FOR INFORMATION: concerning people, places and the meaning of words see the title: "Map Locations and People of the Bible," and the title: "Bible Dictionary" on Website Menu.

INTRODUCTION

Psalms are songs and prayers offered to God by the nation Israel, they cover the range of human emotion, expressing praise, faith, victory, sorrow, despair, depression, frustration and the troubled heart of a mourner. They contrast the righteous with the wicked, and include the wisdom and the treasure of God's word. Psalms were written at the beginning of the 15th century BC and probably collected in their final form in the 3rd century.

1

BOOK ONE (PSALM 1-41)

PSALM 31:1-4

To the Choirmaster. A Psalm of David.

Let Me Never be put to Shame; in your Righteousness.

- **Psalm 31:1-4:** In you, O LORD, do I take refuge; let me never be put to shame; in your righteousness deliver me! ²Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me! ³For you are my rock and my fortress; and for your name's sake you lead me and guide me; ⁴you take me out of the net they have hidden for me, for you are my refuge.

In these verses we gain and insight into the heart of a man whose greatest passion, love and desire in life is the LORD. David is the King of Israel, he had riches and wealth most can only dream off, but it is never to these he trusts or gives any praise to. Whether David was in despair or depression or surrounded by his enemies or lying on his bed suffering the pain of sickness or facing death he always spoke honestly to God of how he felt, but his Psalms, his prayers and his petitions always end with praising the name of the LORD, the Most High God.

Let me never be put to shame; in your righteousness: (v1) next to David's passion to always have the love of God dwelling within, was his passion never to dishonour God's good name. The story of Bathsheba, Uriah and Nathan the prophet shows that there was a time when he grossly failed in this ideal. But the Scriptures also show that when David

was convicted of his sin either by conscience or by others he was utterly crushed and broken and deeply repented. Some might say, "If all we have to do is repent to be forgiven, why not do as we please and afterward, say sorry." The answer to this is very simple, we may be able to fool others, but not one of us can fool God. He perceives the honest motivation of the heart and will judge those who abuse and deliberately use is grace to sin accordingly.

Be a rock of refuge for me, a strong fortress to save me (v2) these words of David can refer to the invisible, immortal Almighty God the creator of all things and source of all life and to His Son the Lord Jesus Christ. This is because David like all the faithful men and women of the Old Testament by faith looked:

- Toward the promised seed of the woman spoken of in Genesis. (Genesis 3:15).
- Toward the promised seed of Abraham. (Gen. 22:18) (Gal. 3:16).
- Toward the prophet Moses said was to come like him. (Deut. 18:15) (Acts 3:22) (Acts 7:37).
- Toward the Holy One to come (whose body God will not let see corruption in death) (Psalm 16:9-11).
- Toward the promised seed of David. (Psalm 89:4) (Psalm 132:11) (Jeremiah 23:5) (Matthew 1:1).
- Toward the Messiah the Christ all the Old Testament prophets and the Scriptures speak of such as (Psalm 22 and Isaiah 53). The Lord Jesus himself said, "I have come to do your will, O God, as it is written of me in the scroll of the book (Heb. 10:7) (the scroll of the book refers to the Scriptures).

Added to this even though Old Testament Israel offered animal sacrifices to God they were not saved by them; they were a type and shadow of Christ the Lamb of God without blemish the Saviour to come and it is his blood that cleanses them. This is because the power of Christ's cleansing blood flows back to the foundation of the earth so that the faithful of the Old and New Testament are saved by the same Saviour and the same Redeemer. In the book of Revelation, it is written:

- All that dwell upon the earth shall worship him, whose names are not written in the book of life of the Lamb slain from the foundation of the world. (Rev. 13:8).

And Peter wrote:

- You were redeemed with the precious blood of Christ, as of a lamb without blemish and without spot foreordained before the foundation of the world and manifest in these last times for you. (1 Peter 1:18-20).

These verses shine a brilliant spotlight on the truth that Jesus was not only the central focus of God's eternal mind and of His eternal plans and purposes for mankind's salvation and for eternity, but also the Lamb slain from the foundation of the world. The cleansing power of Jesus blood shed on the cross of Calvary doesn't just cover and cleanse only those who have come to the Lord after his death and resurrection, but flows all the way back to the foundations of the earth to Adam and Eve like an invisible spiritual river cleansing all the faithful of the Old Testament from the fall of Adam onward who by faith looked to the appearing of the promised Messiah the Christ. This is why, even though David had never seen Christ he was able to say, "Be a rock of refuge for me, a strong fortress to save me for you are my rock and my fortress." (Psalm 31:2 -3). In the New Testament it is written:

- Behold, I am laying in Zion a stone of stumbling, and a rock of offense; and whoever believes in him will not be put to shame. (Rom. 9:33).

- All drank the same spiritual drink. For they drank from the spiritual Rock that followed them, and the Rock was Christ. (1 Cor. 10:4).
- It stands in Scripture: “Behold, I am laying in Zion a stone, a cornerstone chosen and precious, and whoever believes in him will not be put to shame.” ⁷So the honour is for you who believe, but for those who do not believe, “The stone that the builders rejected has become the cornerstone,” ⁸and “A stone of stumbling, and a rock of offense.” (1 Peter 2:6-8).
- Jesus said to his disciples, "But who do you say that I am?" ¹⁶Simon Peter replied, "You are the Christ, the Son of the living God." ¹⁷And Jesus answered him, "Blessed are you, Simon Bar-Jonah! For flesh and blood has not revealed this to you, but my Father who is in heaven. ¹⁸And I tell you, you are Peter, and on this rock I will build my church, and the gates of hell shall not prevail against it. (Matt. 16:15-18).

The rock God is building His Kingdom and Christ's global church upon is the revelation that Jesus is the promised Messiah the Christ the Son of God. Clearly David did not have the clarity of God's plan of salvation, the message of the cross and the Gospel of the Lord Jesus Christ as we do today there is no doubt he had by faith the same Spirit and the same love of Christ dwelling in his heart and mind as we of the New Testament by the same faith do who have also never seen Christ.

For your name's sake you lead me and guide me: (v3) David understands that God values His good name, and that it is for this reason the LORD guides David in the right ways. In the Old Testament the Scripture say that the secular nations despised God because the nation of Israel had become so corrupt. The rich were oppressing the poor for their own gain and those who had power and authority were perverting justice to cheat the poor out of land and properties that were rightfully theirs. Added to this the religious leaders were full of pride and hypocrisy and cared more about their own religious empire than they did about the men and women who were under their authority.

PSALM 31:5-8

You have Redeemed me, O LORD, I Hate those who Worship Idols.

- **Psalm 31:5-8:** Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God. ⁶I hate those who pay regard to worthless idols, but I trust in the LORD. ⁷I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul, ⁸and you have not delivered me into the hand of the enemy; you have set my feet in a broad place.

David's words, "Into your hands LORD I have committed my spirit." This means that David surrendered his life to God and trusted his life in God's hands, many people believe the following truths:

- Jesus was born of the Virgin Mary and God by the Holy Spirit was his Father.
- Jesus is the promised seed of Abraham and of David.
- Jesus is the Son of God and Saviour of the world.
- Jesus lived without sin and performed many mighty miracles and wonders.
- Jesus died on the bloodstained cross of Calvary to save sinners and rose again.

Though these are all true statements the true meaning of believe or faith goes far beyond just having intellectual head knowledge of what is true. The full meaning of believe embraces also the act of trusting and relying

on another with full confidence and assurance that they will do what they have promised, it is putting one's life in the hands of another. This is the faith David had in God.

I hate those who pay regard to worthless idols (v6) for many it may be enormously difficult to understand, why people would believe and worship man-made idols and the gods they represent rather than the God the Bible reveals? The answer to this question is that God calls those who follow him to a certain moral standard and a lifestyle that honours His name and that treats others with decency and respect which means they cannot use others for their own advantage and own gain, in contrast to this those who believe in idols and pagan gods are free to do as the flesh desires and live as they please without any conviction of wrongdoing from the god they are believing in. This is one of the appealing attractions to believing in other gods.

PSALM 31:9-10

My Life is Sorrow My Bones Waste Away, because of My Iniquity.

- **Psalm 31:9-10:** Be gracious to me, O LORD, for I am in distress; my eye is wasted from grief; my soul and my body also. ¹⁰For my life is spent with sorrow, and my years with sighing; my strength fails because of my iniquity, and my bones waste away.

David says, "Because of his iniquity he is in great grief and distress and his body and his soul is wasted away in sorrow." The iniquity David has in mind here refers to the following two things:

1. His sinful inward thoughts, the sinful dysfunctions and aberrations that dwell within our corrupted fallen body and his sinful outward behaviour.
2. Sin that permeates the life of all mankind, even those who by this world's standard not only live a moral life and do kind acts of charity, but also treat others with decency and respect. This is because no man or woman born of man is free from sin.

PSALM 31:11-16

My Adversaries Plot to Take My Life, I Trust in You, LORD.

- **Psalm 31:11-16:** Because of all my adversaries I have become a reproach, especially to my neighbors, and an object of dread to my acquaintances; those who see me in the street flee from me. ¹²I have been forgotten like one who is dead; I have become like a broken vessel. ¹³For I hear the whispering of many—terror on every side!—as they scheme together against me, as they plot to take my life. ¹⁴But I trust in you, O LORD; I say, "You are my God." ¹⁵My times are in your hand; rescue me from the hand of my enemies and from my persecutors! ¹⁶Make your face shine on your servant; save me in your steadfast love!

Since David was a king and a prophet and by faith had the Spirit of Christ dwelling within there are times when faint echoes of Christ are contained within his words. When we shine a light on these verses, we see a faint echo of Christ suffering on the bloodstained cross of Calvary, consider David's following words:

- I have become a reproach, to my adversaries and my neighbours.
- I am an object of dread to my acquaintances and those who see me in the street flee from me.
- I have been forgotten like one who is dead; like a broken vessel.
- I hear the whispering of many terrors on every side.
- They scheme together against me, as they plot to take my life.

- I trust in you, O LORD; I say, "You are my God, my life is in your hand."
- Rescue me from the hand of my enemies and from my persecutors.
- Make your face shine on your servant; save me in your steadfast love.

PSALM 31:17

How Abundant is God's Goodness, for those who Fear Him.

- **Psalm 31:17-20:** O LORD, let me not be put to shame, for I call upon you; let the wicked be put to shame; let them go silently to Sheol. ¹⁸Let the lying lips be mute, which speak insolently against the righteous in pride and contempt. ¹⁹Oh, how abundant is your goodness, which you have stored up for those who fear you and worked for those who take refuge in you, in the sight of the children of mankind! ²⁰In the cover of your presence you hide them from the plots of men; you store them in your shelter from the strife of tongues.

The wicked and the lying and those that mock and the prideful who speak against God's people with disdain scorn and hatred will go down to the grave. In contrast to this God has stored up (in heaven) for the faithful abundant goodness. Those who take refuge in you, carries the following two ideas:

1. The faithful who trust in the LORD, follow His ways and fellowship with other believers and make them their friends will be sheltered from the wicked and their mocking tongues.
2. God by His Spirit and His love will strengthen the mind and heart of the faithful who fully trust that their lives are in His hands.

PSALM 31:21-24

5

Be Strong, let your Heart take Courage, all who wait for the LORD.

- **Psalm 31:21-24:** Blessed be the LORD, for he has wondrously shown his steadfast love to me when I was in a besieged city. ²²I had said in my alarm, "I am cut off from your sight." But you heard the voice of my pleas for mercy when I cried to you for help. ²³Love the LORD, all you his saints! The LORD preserves the faithful but abundantly repays the one who acts in pride. ²⁴Be strong, and let your heart take courage, all you who wait for the LORD!

The love of God was so rich in David's heart and mind that for him God was his life. David's faith in God was not something he managed to fit into his daily routine, duties and responsibilities, God was his life. David's relationship with God could be likened to a married couple who are deeply in love with each other, it matters not where the husband is or what he is doing or how far away from his wife he is, she is always with him by love. Her presence never leaves his mind and his heart. It would be right and truthful to say that she dwells within him by love (this principle of course also applies to the husbands' wife). This is the relationship David had with God; the greatest thing David sought after was the "Steadfast Love of the LORD" God's love was not only the spiritual strength of his heart and mind, but also his greatest treasure and his greatest joy.

As the founder of Bible House of Grace, I would like to thank the many Christian scholars, commentators and theologians who have gone before me, and the many today, who have freely made available their works to enhance the knowledge of the Bible to all people worldwide. It is only with the help of these faithful writers that much of Bible House of Grace exists as it does today.
