

♥ HEART CHECK & PRAYER

PSALM 31

TRUSTING OUR REFUGE IN EVERY SEASON

*David cried out from a place of deep distress,
yet anchored his heart in the unshakable
truth of who God is.*

♥ HEART CHECK

- ♥ When trouble surrounds me, do I run to God first or try to handle it on my own? (v.2)
- ♥ Do I truly believe that God is my rock and my fortress, or do I look for security in other things or people? (v.3)
- ♥ Am I willing to surrender my plans, my future, and even my struggles into God's hands? (v.5, v.15)
- ♥ Do I bring my honest emotions—my sorrow, anger, fear, and confusion—before God in prayer? (v.9-12)
- ♥ Have I allowed fear or feelings of abandonment to make me believe God isn't near when He still is? (v.22)
- ♥ Do I encourage others to take heart in the Lord, even when I'm still walking through my own battle? (v.24)

*Be my rock of refuge,
a strong fortress
to save me."*

PSALM 31:2 (NIV)

♥ KEY TRUTHS FROM PSALM 31



God hears us when we cry out. (v.2)



God is our rock and fortress—our safe place. (v.2-3)



We can commit our spirit and our times into God's hands. (v.5, v.15)



It's okay to be honest with God about our pain. (v.9-12)



Hope in the LORD brings strength and courage. (v.24)

"My times are in Your hands."

PSALM 31:15 (NIV)



A PRAYER FROM THE HEART

Lord, turn Your ear to me. Come quickly to my rescue. You are my rock of refuge and my strong fortress. I bring every fear, every pain, every trap, and every worry to You. I commit my spirit into Your hands, for You are faithful. My times are in Your hands, and You hold my future. When I feel forgotten, remind me that You see me. When I feel weak, strengthen my trust. Help me to rest in the shelter of Your presence and to take heart in You always. May my life reflect Your faithfulness, and may I encourage others to hope in You. In Jesus' name, Amen.



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