



The May 15, 2020 edition of TruNorth Daily Devotional with Dr Jim Brown:

“Learning Life from the Psalms of David.”

Psalm 31

#3

Psalm 31:5-8

“Into Your hand I commit my spirit; You have redeemed me, O LORD God of truth. I have hated those who regard useless idols; But I trust in the LORD. I will be glad and rejoice in Your mercy, for You have considered my trouble; You have known my soul in adversities, and have not shut me up into the hand of the enemy; You have set my feet in a wide place.”

One of the things I have always found appealing about The Psalms of David (and he wrote about half of the book of Psalms) is how genuine he was. How real. How through his writings – his songs – we get to see him when he’s UP... but also when he’s DOWN. When he is exuding confidence in the Lord... and when he’s sharing his doubts and pain.

A little like our lives too, wouldn’t you say?

I view this portion of Psalm 31 as helpful as David genuinely shows his thankfulness to God for rescuing him from trouble.

“Into Your hand I commit my spirit” (vs 5).

(If that sounds vaguely familiar, it should. In Luke 23:46, we read: ***“Jesus called out with a loud voice, “Father, into your hands I commit my spirit.”*** Then, He breathed his last breath.)

Have you ever noticed what short memories we have? Can you remember your last birthday present? How about your favorite gift last Christmas? It seems we’re always in a hurry for the “next” thing. Today, with ALL that’s going on in our lives, we often take very little time to say THANKS to God for anything.

A particularly invaluable writing of David’s – over in ***Psalm 103:2*** – is: ***“Bless the LORD, O my soul, and forget not all His benefits.”***

Pause for a moment and answer this question: What are some of the benefits YOU have as a result of having a relationship with Jesus Christ. (Try to name at least three.)

A key to a vital walk with Christ is to be able to do that... to ***“forget not all His benefits.”***

A few of those benefits which David mentions in these verses include:

1. **THE LORD IS DAVID’S SHELTER AND FORTRESS**, the place into which David can commit his spirit and rest fearlessly.
2. **DAVID IS REDEEMED** or saved by God.
3. **DAVID’S GOD IS TRUTH**, He never lies.
4. **DAVID CAN TRUST IN THE LORD** who is not like the “useless idols” that those without God trust in.
5. **DAVID ENJOYS GOD’S MERCY.**
6. **GOD KNOWS WHAT DAVID IS GOING THROUGH** (and is there to help).
7. **GOD BLESSES DAVID WITH SAFETY AND FREEDOM.** “You have set my feet in a wide place.”

NOW – before you finish – re-read all seven benefits listed above OUT LOUD – replacing David’s name with **YOUR NAME**. Such as: *“The Lord is Jim’s shelter and fortress, the place into which Jim can commit his spirit and rest fearlessly.”* Do this daily... let it sink into your mind and spirit.

Prayer: Lord, help me to REMEMBER all your benefits. Help me to give thanks to you, daily, for ALL you have done and continue to do for me every day. The benefits David mentions here apply to me too, and my life would not be the same without You. Please continue to lead and guide me as I grow in my faith-walk with You. Amen.