



"Oh, how great is Your goodness, which You have laid up for those who fear, revere, and worship You."

Psalm 31:19

The May 19, 2020 edition of TruNorth Daily Devotional with Dr Jim Brown:

"Learning Life from the Psalms of David."

Psalm 31

#5

Psalm 31:19-20

"Oh, how great is Your goodness, which You have laid up for those who fear, revere, and worship You, goodness which You have wrought for those who trust and take refuge in You before the sons of men! In the secret place of Your presence, You hide them from the plots of men; You keep them secretly in Your pavilion from the strife of tongues."

Like a walk through a large park, we come to this beautiful scene while walking with David through Psalm 31.

Notice that David here is praising God's greatness and goodness. ***"Oh, how great is Your goodness,"*** David says.

Have you ever said something you might not have FELT at the time? David did, and right here. David, who – in the previous verses – was feeling discouraged and fearful, has learned the secret of PRAISING GOD even when you don't feel like it. It's a time of letting the WILL triumph over feelings.

This may seem counterintuitive – but yesterday, as we looked at Psalm 31:13-19, we heard from a David who was in trouble. In those verses, David used phrases and words such as: “fear on every side,” “take my life away,” “mine enemies,” “persecute me,” “wicked,” “lying lips,” and more.

Here, David has turned on the “Praise God Switch,” and now praise is flowing from his lips.

If you read carefully, you’ll also see that this is a turning point for David... and for the rest of the Psalm, David is growing more and more confident and positive.

This is an important lesson.

When things look bleak, when things are bad, when you feel down and low, stir up within yourself PRAISE for God. In any and every situation, give THANKS to God; give Praise to Him.

I can hear you asking “Why?”

Psalm 8:2 – “Out of the mouth of babes and nursing infants You have established strength.”

Matthew 21:16 – “And Jesus said to them, Yes. Have you never read: ‘Out of the mouth of babes and nursing infants You have perfected praise’?”

Jesus knew the Old Testament word for word, right? So I think it significant that when Jesus quoted Psalm 8:2 here in Matthew, he changed the words: “established strength” to “perfected praise.”

There is STRENGTH in PRAISE.

Praising God – especially when you are in a “funk” and don’t feel like it – is an excellent way to jumpstart your feelings and help get you out of feeling “in the pits.” It may not change any circumstance you’re facing right away, but it WILL help you get through it.

Back to Psalm 31... David acknowledges that this place of safety is only for those who fear and revere God. Only then – he knows from experience – will God protect him in a secret place of safety. And that’s where David puts his trust.

Prayer: Lord, please help me to remember to PRAISE You more often... especially when I’m not feeling like it. I know it won’t always be easy for me – since I’m not used to doing that – but I believe You will be pleased and I will benefit from praising You more! Amen.