

Strengthening Your Heart While Waiting

Psalm 31

<p>מִזְמֹרֶת לְדוֹד :</p> <p>בָּקָה יְהוָה חֲסִינִי :</p> <p>אַל־אָבֹשֵׁה לְעֹזָלָם :</p> <p>בְּצַדְקָתֶךָ פָּלָטַנִּי :</p> <p>חֶפְץ אֱלֹי אַזְנָךְ :</p> <p>מִתְּהֻרָה הַצִּילָנִי :</p> <p>הַיִּה לִי לְצַוְּרוֹ-מָעוֹז :</p> <p>לְבִית מִצְדָּחָה לְהֹשִׁיעָנִי :</p> <p>כִּי־סָלָעִי וּמִצְוָדָתִי אַתָּה :</p> <p>וְلֹכְעָנִי שָׁמָךְ תִּגְתְּנִי וְתִתְהַלֵּנִי :</p> <p>הַזְּצִיאָנִי מִמְּשֹׁת זוֹ וְתִמְנוּ לִי :</p> <p>כִּי־אַתָּה מִעְזָזִי :</p> <p>בְּיַדְךָ אָפְקִיד רֹוחִי :</p> <p>פְּנִיתָה אָוֹתִי יְהֹהָה אֶל אַמְתָה :</p> <p>שְׂנָאָתִי הַשְּׁמָרִים הַבְּלִי־שְׂנָא :</p> <p>וְאַנְיָ אֶל־יְהֹהָה בְּטַחְתִּי :</p>	<p>1 A psalm by David.</p> <p>In you, I AM, I have taken refuge; let me never be put to shame; in your righteousness deliver me!</p> <p>2 Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me!</p> <p>3 Since you are my rock and my fortress, for your name's sake lead me and guide me;</p> <p>4 draw me out of the net they have hidden for me, for you are my stronghold.</p> <p>5 Into your hand I commit my spirit; redeem me, I AM, [my] faithful God.</p> <p>6 I hate those who cling to worthless idols, but as for me, in I AM I trust.</p>	<p>I. The Hunted Man (1-9)</p> <p>A. His trust and petitions (1-6)</p> <p>1. Petition for public vindication: Based on the poet's trust and God's faithfulness Give me you undivided attention There is not much time left! Transform a rocky crag is into a permanent well-protected military fortress on a mountaintop</p> <p>2. Petition for a guide to lead him <i>lead</i> – to lead safely through danger to one's desired destination, "the everlasting way" <i>guide</i> – the noun is "a watering place." Connotes gently lead with loving, compassionate care to a place where you can be nourished and refreshed (Isa 40:11; Ps 23:2)</p> <p>3. Petition for a rescue operation based on:</p> <ul style="list-style-type: none"> • the emphatic commitment of his trust which frames the strophe (Luke 23:46) • the faithfulness of God • the purity of his affections <p><i>worthless idols</i> – lit. "vapors of vanity"</p> <p>note: The 1st stanza is framed by the poet's trust.</p>
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<p>אֲגִילָה וְאַשְׁמָמָה בְּחַסְכֶךָ 8 אֲשֶׁר רָאֵית אֶת־עַנְיִי וְדֹעַת בְּאָרוֹת נְפָשִׁי: וְלֹא חֲסִירָתִי בַּיָּד־אֹנוֹב הַעֲמָדָה בַּמְּרַחְבָּה רָגְלֵי:</p>	<p>7 I will rejoice and be glad in your steadfast-loyal love, because you have seen my affliction; you know the anguish of my soul, 8 and you did not leave me in the grasp of the enemy; but have set my feet in a spacious place.</p>	<p>I. The Hunted Man (1-9) B. His confidence and praise (7-8) The rejoicing, which flowers out with the inception of divine love (v. 8), does not expel the tension of horror between life and death (v. 9a), but the poet's feet stand firmly and securely on uneven ground." (Samuel Terrien, 288)</p>
<p>חָנָנִי יְהֹוָה כִּי צָר־לִי 10 עַשְׂשָׂה בְּכֻעָס עִינִי נְפָשִׁי וּבְטָנוֹר: כִּי כָּלֹו בְּגֹזֵן חַי 11 וְשָׁנוֹתִי בְּאַנְחָה כְּשַׁל בְּעָנוֹנִי כַּחֲיִי וְעַצְמִי עַשְׂשָׂה:</p>	<p>9 Be gracious to me, I AM, for I am in distress; my eye is wasted from grief; my soul and my body [also].</p> <p>10 For my life is consumed with agony, and my years with groans; my strength fails because of my affliction, and my bones waste away.</p>	<p>II. The Rejected Man (9-20) A. His anguish from isolation (9-13)</p> <p>1. The physical toll It is all consuming, sapping his strength</p> <p>It is overwhelming and unrelenting</p> <p>He has nothing left and cannot go on</p>
<p>מְקַלְדְּצָרְלִי הַיְיִתִי תְּרִפָה 12 וְלֹשְׁכָנִי מָאָר וּפְחד לְמִיקְדָעִי רָאִי בְּחוֹזֵן נְדָרוֹ מִמְנִי: גַּנְשְׁפְּחָתִי כִּמְתָת מַלְבָב 13 הַיְיִתִי פְּכָלִי אָבָד:</p>	<p>11 Because of all my adversaries I've become a reproach, to my neighbors—exceedingly, and an object of dread to my closest friends; those who see me in the street flee from me.</p> <p>12 I am forgotten like a dead man, out of mind; I am [disregarded] like like a broken vessel.</p>	<p>2. The psychological toll of slander (v. 13) He is the utter contempt of his neighbors, an object of dread to his family and a terror on the streets</p> <p>He is utterly forgotten and discarded like a broken piece of pottery</p>

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<p>כִּי שְׁמַעְתִּי דָבָת רַבִּים 14 מִנּוֹר מִפְּבִיבָה בְּהַסְדֵּם יְחִיד עַלְיָה לְקַחַת נֶפֶשׁ זָמָנוֹ :</p> <p>וְאֱנִי עַלְיָה בְּטֻחָתִי יְהֹוָה 15 אַמְּרוּתִי אֶלְתִּי אֲפָהָ :</p> <p>בְּנֹרֶךְ שְׁתָתִי הַצְּלִילָנִי 16 מִינְדָּאָזְבִּי וּמְרַדְפִּי :</p> <p>הָאִירָה בְּנִיךְ עַל־עֲבָדָךְ 17 הַוְשִׁיעָנִי בְּחִסְכָּךְ :</p> <p>וְהַזָּה אֶל־אָבוֹשָׁה 18 כִּי קָרָאתִיךְ יְבָשָׁ רְשָׁעִים יַדְמוּ לְשָׁאָול :</p> <p>תְּאַלְמָנָה שְׁפָתִי שָׁקָר 19 הַדְּבָרֹות עַל־צָדִיק עַתָּה בְּגַאנָה וּבָזָן :</p>	<p>13 For I hear the whispering of many— terror on every side!— as they have formulated plan together against me, as they plot to take my life.</p> <p>14 But as for me, upon you I trust, I AM; I say, “You are my God.”</p> <p>15 My times are in your hand; rescue me from the hand of my enemies and pursuers.</p> <p>16 Make your face shine upon your servant; save me by your unfailing love!</p> <p>17 I AM, let me not be put to shame, for I have called upon you; may the wicked be put to shame; may they go silently to Sheol.</p> <p>18 Let the lying lips be mute, those speaking insolently against the righteous in pride and contempt.</p>	<p>II. The Rejected Man (9-20) A. His anguish from isolation (9-13)</p> <p>3. No way out! He is utterly surrounded, while rumors of a murderous plot swirl around him It is not fake news: the foundation has been laid, the trap is set and ready to be sprung</p> <p>B. His confidence and pleas for justice (14-18)</p> <p>1. His reaffirmation of trust: I/YOU <i>“my times are in your hand”</i></p> <p>2. His petitions for justice <i>For himself:</i> vindication from shame <i>For the wicked:</i> shaming silence <i>ultimately:</i> “to the grave”</p> <p><i>presently:</i> mute their pride and contempt, for they unlawfully assumed the authority to judge and the right to despise</p>
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<p>מְהֵרָה קַבְּדוּבָךְ 20 אֲשֶׁר־צָבָנָתָךְ לִירָאֵיךְ פָעַלְתָךְ לְחַסִים בְךָ נָגַד בְּנֵי אָדָם :</p> <p>הַסְתִּירָם בְּסִירָךְ פְנִימֵיךְ 21 מִרְכָּבְךְ אֵישׁ הַצְפָנָם בְּסִכְמָה מְרִיב לְשֹׁנוֹת :</p> <p>בָרוּךְ יְהוָה 22 כִּי הַפְלִיא חַסְדוֹ לִי בָּעֵיר מִצּוֹר :</p> <p>וְאַנְנִי אַמְרָתִי בְּחַפְזִי 23 נָגַרְתִּי מִנְגָד עִינָנִיךְ אָכַן שְׁמֻעָת קֹול תְּחִנּוֹנִי בְשֻׁ�וּי אַלְיךָ :</p> <p>אַהֲבוּ אֶת־יְהוָה כָל־חַסִידָיו 24 אִמְונִים נִצְרִים יְהוָה וּמְשֻׁלָם עַל־זֹהַר עֲשָׂה גָאוֹה :</p> <p>חַזְקֵי וְאַמְנֵז לְבָבָכֶם 25 כָל־הַמִּתְחָלִים לְיְהוָה :</p>	<p>19 How abundant is your goodness, which you have stored up for those who fear you, and bestow to the ones taking refuge in you, in the sight of the sons of mankind!</p> <p>20 You hide them in the secret place of your presence from the plots of men; you hide them in your shelter from accusing tongues.</p> <p>21 Blessed be I AM, for he has wondrously shown his loyal-love to me when I was in a city under siege.</p> <p>22 I said in my alarm, “I am cut off from your sight.” Yet you heard the voice of my pleas for grace, when I cried to you for help.</p> <p>23 Love I AM, all you his faithful ones! I AM preserves the faithful, but pays back in full the one who acts in pride.</p> <p>24 Be strong, and he will strengthen your heart, all you who wait for I AM!</p>	<p>III. Crescendo of Praise (19-24)</p> <p>A. Praise for God secluded secret (19-20)</p> <p>1. God's generous goodness stored up <i>“in the sight of...”</i> expresses the hope of <i>public vindication</i> and <i>restitution</i> to counter the destructive damage of public disgrace and condemnation that slander caused.</p> <p>2. God's protection from slander</p> <p>B. Specific thanks: God's loyal-love (21-22) <i>“city under siege”</i> (1 Sam 23:6) He lost sight of God, but God heard him</p> <p>C. Invitation to the congregation (23-24)</p> <p>1. Love I AM The extraordinary love was poured out on the poet becomes a torrent, exploding over its banks into the assembly. Now we are invited to love the same Lord in the same way, with the same intensity.</p> <p>2. Wait for I AM</p>
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