



Psalm 31 again shows us that lament is a vital part of the Christian life, providing God-given words for times of pain when we are lost for words. David's experience of danger and deliverance foreshadows Jesus' ultimate suffering on the cross, where he entrusted himself into his Father's hands, showing us the way from anguish to assurance. In our struggles—whether seeking safety, facing painful words, or enduring emotional turmoil—we are called to take refuge in Christ, entrusting ourselves into God's kind and faithful hands.

**'Starter-for-10' Bible Study Questions. Feel free to adapt or ignore 😊**

1. Psalm 31 is structured around 2 cycles of distress and deliverance. What repeating words, ideas and phrases can you spot? What tone do they set? How does this pattern reflect your own experiences of faith and struggle?
2. In verse 5, David commits his spirit into God's hands, and Jesus echoes these words on the cross (Luke 23v46). What does it *actually* mean for us to entrust ourselves into the hands of God? Why is this the BEST thing to do?
3. The world longs for safety and security. How does this psalm challenge our ideas of where true refuge is found? How does Jesus' experience on the cross re-frame our understanding of where true safety is found?
4. The Psalm discusses the emotional ups and downs of the Christian life. How does it provide a model for processing these emotions in a way that leads to trust in God?
5. Reflecting on verse 24, how can we as a church family encourage one another to "be strong and take heart" in seasons of difficulty? What might that practically look like?