sermon notes

Nov 11, 2026 | Daniel Armstrong, Messiah Bible Church
"One Song, Three Stories" | **Psalm 31**

The Emotion of Psalm 31

1) David _____ for refuge (1-8)
2) David's overwhelming _____ (9-13)
3) David _____ _____ (14-18)
4) David remembers God's _____ and _____ (19-22)
5) David _____ _____ to faith (23-24)

The three stories of Psalm 31

1) Psalm 31 is about _____
2) Psalm 31 is about _____
3) Psalm 31 is about _____

Questions for Further Application of God's Word:

GO DEEPER
Read through Psalm 31, paying attention to the emotional language and shifts that David uses. Scan through for words with strong emotion, what do you find? What moments from David's life could have inspired him to write this Psalm?

In his final moments on the cross in Luke 23:44-46, Jesus quotes Psalm 31:5. What is the significance of this moment? Who would be present to hear his words, and would they know Psalm 31?

GET PERSONAL
Read Psalm 31:9-13 where David describes a life of long-term suffering, grief, abandonment and terror. Where does the Psalm's imagery feel familiar to you? How have you encountered these same low moments in your life? How do you typically respond to these moments? How do these moments affect your relationship with God?

PUT IT INTO PRACTICE
The final two verses of Psalm 31 switch perspective to a command to all God's saints. Read these verses and list each part of what is commanded. Consider each part of the command and compare it to your life. In what ways are you succeeding or failing to obey this command? How could you follow it more closely? How can you help others to hear and follow the commands also?

ADVANCED QUESTION

David's emotions of pleading and requesting in Psalm 31 are directed towards God who is divine and superior over him. How does the meaning and emotion of Psalm 31 apply when referenced by Jesus, a member of the Trinity, God the Son? Consider the relationship between God the Father and God the Son as described in John 14:6-13, John 6:37-38, Luke 22:42 and Philippians 2:5-8. What does it mean for God the Son to plead with God the Father?