



Scripture for the week of August 1: Psalm 31

“ 1 In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. 2 Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. 3 Since you are my rock and my fortress, for the sake of your name lead and guide me. 4 Keep me free from the trap that is set for me, for you are my refuge. 5 Into your hands I commit my spirit; deliver me, Lord, my faithful God. 6 I hate those who cling to worthless idols; as for me, I trust in the Lord. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. 8 You have not given me into the hands of the enemy but have set my feet in a spacious place. 9 Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. 10 My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. 11 Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me. 12 I am forgotten as though I were dead; I have become like broken pottery. 13 For I hear many whispering, ‘Terror on every side!’ They conspire against me and plot to take my life. 14 But I trust in you, Lord; I say, ‘You are my God.’ 15 My times are in your hands; deliver me from the hands of my enemies, from those who pursue me. 16 Let your face shine on your servant; save me in your unfailing love. 17 Let me not be put to shame, Lord, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead. 18 Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous. 19 How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. 20 In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues. 21 Praise be to the Lord, for he showed me the wonders of his love when I was in a city under siege. 22 In my alarm I said, ‘I am cut off from your sight!’ Yet you heard my cry for mercy when I called to you for help. 23 Love the Lord, all his faithful people! The Lord preserves those who are true to him, but the proud he pays back in full. 24 Be strong and take heart, all you who hope in the Lord.”

Sunday, August 1:

Scripture: Read above Scripture slowly (even if it is very familiar to you).

Questions: What stood out for you as you read this Scripture? What do you hope to be reminded of as you focus on this Scripture this week? Do you think that you will find comfort as you read through this Psalm this week? Which part of this Psalm will be your main focus this week?

Prayer: Lord God, there is a lot in this Psalm that will be beneficial to me. Speak to my heart this week and show me where I am weak. Show me how to stand strong against my enemies and remind me that You are my refuge no matter what I am going through.

Monday, August 2:

Scripture: Read Psalm 31:1-4: “ 1 In you, Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness. 2 Turn your ear to me, come quickly to my rescue; be my rock of refuge, a strong fortress to save me. 3 Since you are my rock and my fortress, for the sake of your name lead and guide me. 4 Keep me free from the trap that is set for me, for you are my refuge.”

Questions: How do you approach God as your refuge? Do you see that David knew God would come quickly to his rescue, that God would be a strong fortress to save him, that God would lead and guide him and keep him free from the trap that is set for him? Do you believe God would do that for you too?

Prayer: Lord, thank You that You are my refuge and that I can come to You and count on You when I am in trouble. Let this be a constant reminder to me each day so that I am constantly connected to You.

Tuesday, August 3:

Scripture: Read Psalm 31:5-8: “5 Into your hands I commit my spirit; deliver me, Lord, my faithful God. 6 I hate those who cling to worthless idols; as for me, I trust in the Lord. 7 I will be glad and rejoice in your love, for you saw my affliction and knew the anguish of my soul. 8 You have not given me into the hands of the enemy but have set my feet in a spacious place.”

Questions: Are you willing to turn all of your life over to God? How well are you doing at trusting the Lord right now? Do you show God your appreciation for the times you have seen Him protect you and when He has gotten you through things that have caused anguish?

Prayer: Lord, I go both ways in my relationship with You. Sometimes I trust You and am willing to commit my Spirit to You and other times I desire to be in control. I want a relationship with You where I trust You completely. Help me with this Lord and allow me to trust You more and more each day.

Wednesday, August 4:

Scripture: Read Psalm 31:9-12: “9 Be merciful to me, Lord, for I am in distress; my eyes grow weak with sorrow, my soul and body with grief. 10 My life is consumed by anguish and my years by groaning; my strength fails because of my affliction, and my bones grow weak. 11 Because of all my enemies, I am the utter contempt of my neighbors and an object of dread to my closest friends—those who see me on the street flee from me. 12 I am forgotten as though I were dead; I have become like broken pottery.”

Questions: Have you ever felt how David is expressing himself in this Psalm? How do you express yourself to God? Do you get angry and let it build up within or do you turn to God and ask Him to help you handle it? Have you sometimes felt forgotten by God? Isn't this a great time to allow God to be your refuge?

Prayer: Lord, sometimes I am feeling distressed like David has expressed in this Psalm. But like David, I want to trust that You are still there in the midst of my anguish. Remind me to run to You, My Refuge, and allow me to sit with You as I walk through these times. Don't allow my troubles and anguish to consume me.

Thursday, August 5:

Scripture: Read Psalm 31:13-16: “13 For I hear many whispering, ‘Terror on every side!’ They conspire against me and plot to take my life. 14 But I trust in you, Lord; I say, ‘You are my God.’ 15 My times are in your hands; deliver me from the hands of my enemies, from those who pursue me. 16 Let your face shine on your servant; save me in your unfailing love.”

Questions: Do you see how David shares his heart with God? Do you see how in one breath, he sees the trouble he is in and in the next he is trusting in God? Don't you think your life would be better if you admit to God your troubles but then turn around and say you trust Him and visualize how God will respond?

Prayer: Lord God, show me how to be more open in my prayers to You. Let me not be afraid to pour out my heart when I am struggling but also at the same time to come to a trusting relationship with You.

Friday, August 6:

Scripture: Read Psalm 31:17-20: “17 Let me not be put to shame, Lord, for I have cried out to you; but let the wicked be put to shame and be silent in the realm of the dead. 18 Let their lying lips be silenced, for with pride and contempt they speak arrogantly against the righteous. 19 How abundant are the good things that you have stored up for those who fear you, that you bestow in the sight of all, on those who take refuge in you. 20 In the shelter of your presence you hide them from all human intrigues; you keep them safe in your dwelling from accusing tongues.”

Questions: Do you see that unfortunately, trusting God and being in His hands does not guarantee us from troubles? But do you also see that we can express our troubles to God and pour our hearts out to Him? Are you willing to give this a try and then watch and see what God does?

Prayer: God, thank You that You desire to hear from me no matter what is going on. Allow me to be more open with You as I spend time in prayer and then help me to come into a trusting relationship with You at all times.

Saturday, August 7:

Scripture: Read Psalm 31:21-24: “21 Praise be to the Lord, for he showed me the wonders of his love when I was in a city under siege. 22 In my alarm I said, ‘I am cut off from your sight!’ Yet you heard my cry for mercy when I called to you for help. 23 Love the Lord, all his faithful people! The Lord preserves those who are true to him, but the proud he pays back in full. 24 Be strong and take heart, all you who hope in the Lord.”

Questions: Do you see how David says that God heard his cry for mercy and then God helped? Do you see that David says that the Lord preserves those who are true to Him? Does this change your thinking about hoping in the Lord?

Prayer: Lord God, remind me to be strong and take heart so that my hope is in You. Teach me how to pour my heart out to You and at the same time to trust that You are listening and will respond. Continue to show me the wonders of Your love especially when I am facing difficult circumstances.