



For Further Study

Read and meditate on the passage below:

- 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. (Psalm 31:3-5)

This passage comes from the Psalms. It is traditionally attributed to David or written by someone about David. We don't know what specific circumstances are described, but it appears that David is in a very distressing time, which might be when he is being hunted down by Saul or when he is in hiding at the time of his son's rebellion. Whatever the context, notice how David turns to God as his "rock" and his "fortress." He is relying on God to provide safety and protection amidst the hostility coming against him as people lay traps to capture and harm him.

The psalmist asks God to lead and guide him. The song points us to an awareness of God's faithfulness (emet); he is trustworthy and dependable. God is a refuge to which David turns, not only when he is being attacked outwardly but also when his thoughts and feelings overwhelm him.

In verse 5, we read a passage that both Jesus and Stephen quote at the time of their deaths. David, although not dying, senses that the clutches of death are around him, and he is fearful for his life. Yet, he realizes that there are things beyond his control--areas of his life that he must trust God. So, he commits his spirit into the safe and loving care of God and pleads that God will deliver him through the difficulties he is experiencing.

David concludes that God is emet (faithful). Consider how God has been faithful to you throughout your life. Celebrate these memories and ask him to be near to you today.

PRACTICE:

Think about times God
has been faithful to you
in the past.

