

Heartfelt Refuge

Psalm 31

Pastor Chad Cowan

June 21, 2026

- I. Face trouble.
 - a. David faced despairing circumstances. (31:9–13)
 - b. We face times of despair.

- II. Find confidence.
 - a. David placed confidence in God. (31:5–8, 14)
 - b. We misinterpret our circumstances.

- III. Challenge feelings.
 - a. David was moved to prayer and praise. (31:1–4, 21–24)
 - b. David commanded readers to love and courage.

- IV. Enjoy God's refuge.
 - a. Cling to truth.
 - b. Commit your spirit.