**Psalm 31 - Wait on the Lord**

These have been ***some challenging days***. One year ago we were not able to meet for Good Friday or Easter Sunday. We have been through a year of isolation, separation, conflict and fear.

In the midst of challenges from COVID, race riots and the most politically divisive election in recent history, many of you also experienced the death of a loved one. For some of you the last twelve months have been some of the ***saddest, loneliest and hardest of your life***.

We chose Psalm 31 for this Good Friday service because it speaks directly into that darkness, sadness, fear and desperation.

**King David** was no stranger to these feelings. The youngest of eight sons he was overlooked, almost invisible as a child. The battle with Goliath thrust him onto the national stage in Israel. He was bold, zealous and passionate for the Lord - but he did not have a lot of maturity yet. The Lord helped him grow in that by making him a musical assistant to King Saul. Turned out, Saul was mentally unstable so this became an increasingly dangerous post for David.

***David knew how it felt to fear for his life.*** He knew pain and sadness and loss. He was often separated from his dearest friends and closest family. Later in life he knew the pain of deep, personal betrayal. He hid in caves with limited food and water. He knew severe physical pain from battle and the suffering of illness and lack of supplies.

Psalm 31 expresses one of David’s deepest cries of the heart. Verse 9 says, “I am in distress.” His enemies surround him and he is terrified. He is forgotten, abandoned, isolated and vulnerable.

Some of you can relate to all of these feelings inverse 1-13, that have been read and prayed over.

Then we come to verse 14 - the turning point of the Psalm.

“But I trust in you, O Lord; I say, ‘You are my God.’” Psalm 31:14

The world is falling apart, the enemies of righteousness seem to be prevailing, I am alone, terrified and totally vulnerable - “BUT I trust in you, O Lord. “

I feel miserable, sick, my body wracked in pain - my enemies surround me and mock me, taunting me for my weakness and suffering. “But I trust in you, O Lord.”

Many of us have felt this way over the past year. I can’t see my extended family. School is hard and frustrating. I feel isolated, discouraged and alone. My body seems to be struggling more than ever. “But I trust in you, O Lord.”

David felt this way many times in his life.

But this Psalm was mainly written to help us feel the anguish and suffering of **another King of Israel**. This Psalm shows us the heart’s cry of ***the ultimate suffering servant***. This was the final prayer of surrender of JESUS on the cross.

“Then Jesus, calling out with a loud voice, said, **‘Father, into your hands I commit my spirit!’** And having said this he breathed his last.” Luke 23:46; Ps. 31:5

Jesus meant for his followers to **be reminded of Psalm 31** and to study David’s prayer there to understand this final cry of anguish and submission. All of David’s pain and struggle and all of Jesus’ suffering on the cross are summed up in this Psalm - inviting us to follow the path David followed and the path Jesus followed - the path of a fully surrendered faith.

Even in the most unimaginable agony on the cross, Jesus chose **this path of submissive faith**. He committed His dying body and His eternal spirit into the gracious hands of the Father. He said, “I am in distress… but I trust in you, O Lord.”

What is your suffering right now? What is your challenge? What is your distress? Psalm 31 - and all of the Psalms - invite us to pour out our struggles and confusion and pain to the Lord. You don’t have to carry that alone and in secret. Bring it to the Lord! He can handle it!

But bring it in FAITH. In the midst of your pain do what David did - say “I trust in you, O Lord.” Do what Jesus did - say, “Into your hands I commit my spirit.”

In a moment we will go to the Lord’s table. Use that time to commit yourself again into the Lord’s hands.