

IN YOUR HANDS

As preached on Sunday, May 10th

Read: Psalm 31:1-5 & 15-16

1. This week's Psalm opens with the words "In you, LORD, I have taken refuge..." How does it make you feel to read those words, especially in the midst of this pandemic?
2. Remember back to a time when you felt completely sheltered and safe. What made you feel that way? Was there someone responsible for your feeling of safety?
3. What images of safety are mentioned in this psalm? What are the verbs that activate the psalmist's prayer?
4. In what way(s) does the psalmist show us authenticity?
5. How does the psalmist model surrender?
6. What reminder of God's *hesed* ("everlasting love") is found in this psalm?
7. Consider starting each day of this coming week by reading these verses and praying to God, "Into your hands I commit my spirit... my times are in your hands."