

LESSON 16: PSALM 31

- I. GOD'S HANDS Psalm 31:1-15a
- II. ENEMY'S HANDS Psalm 31:15b-24

Truth #1: Placing my times in His hands says, 'I trust Your sovereign handling of my life.'

Truth #2: Even as the enemy hands out attacks, I can trust the *wonders of His love*.

Notes:

*Listen, Lord, I am praying, low & quiet...listen please,
Listen to what my tears are saying...see my heart upon its knees;
Lift the load from my bowed shoulders...till I see & understand,
You, who hold the worlds together, hold my problems in Your Hands.* Ruth Bell Graham