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Valley Church**

**January 2, 2022
In God's Hands**

Psalm 31:14-15

But I trust in you, O Lord; I say, "You are my God."

My times are in your hand; rescue me from the hand of my enemies and from my persecutors!

1. "My times" - The reality of _____.

Both David's times and ours are marked by instability. The word "times" refers to the uncontrollable changes of life. This word causes us to reflect upon the instability of life. We may think we control our times, but we don't. One day David was a powerful king; the next he was running for his life.

2. "God's hand" - The reality of our sovereign, _____ God.

David's "times" may have been unstable and changing; but David's God was stable and unchanging (31:2, 3, "rock," "fortress"). David's times were in the hands of God. David was not subject to the whims of those who sought his life. His life was in God's hands. One of the most comforting truths to remember in trials is that they are under the control of our sovereign, personal God.

3. My response - The reality of personal _____.

Personal trust in our sovereign God gives us inner stability in the midst of outer instability. Trust is the vital link that connects God's sovereign love with my distress. When I trust God in the midst of a stressful situation, He doesn't usually remove the source of the stress immediately, but He gives His stability in the midst of the crisis.

QUESTIONS FOR LIFE GROUPS AND PERSONAL REFLECTION:

Personal Life:

1. Is God's sovereignty a source of comfort or anxiety to you? Why?
2. Like David, have you ever felt joy in God, then felt the joy ebb and flow unpredictably?

Ponderings:

3. How can a person increase in faith when facing difficult challenges?
4. Agree/disagree: Burnout is evidence of a lack of trust in God?
5. Is it true that God will never give us more stress than we can bear? What are the implications of this?
6. What does the phrase "My times are in your hand," mean to you?
7. Is it ok to express feelings of abandonment or rejection when God seems distant? Would this show a lack of faith? Why, or why not?

Promptings:

8. Are you feeling "trapped" by your enemies? By your desires? By loneliness? How will you "escape"?
9. In what situation now do you need to "be strong and take heart"? What from our theme text can help you do just that?