

# A Safe Pair Of Hands

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Date: 12 August 2022

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[ 0 : 00 ] The 12th of August, a safe pair of hands. My times are in your hands. Psalm 31, 15. It is quite a common saying to describe someone as a safe pair of hands.

The person concerned may be a goalkeeper in a soccer team, or a person delegated to do some important work. A safe pair of hands will do whatever has to be done, and do it well.

If you read the whole of Psalm 31, you will find that David, who wrote the psalm, was in lots of trouble, and he was often feeling at his wit's end. For he says, My life is spent with sorrow, and my years with sighing.

Verse 10. Yet for all that, David is quite upbeat as well. He tells us he trusts God. God is his rock, fortress, and his refuge.

In spite of all the bad things which have happened to him, he knows the comfort and encouragement of knowing that my times are in God's hands. The safest pair of hands one could ever have to hold him and help him.

[ 1 : 06 ] The word times means the whole life as we live it, with the whole variety of experiences we go through. David said, Hour by hour I place my days in your hand, safe from the hands up to get me.

Verse 18, the message. What a great example to us to place our lives into the great safe hands of God, knowing he will take us through the hard times as well as the good times.

He will do all things well for us. And a prayer. Dear Lord, my times are in your hands. Help me to rest in the comfort of knowing that great truth.

Amen. Amen.