



# MESSAGE NOTES

## My Life Is in Your Hands

Psalm 31:15

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### 1. Trusting God With Your Life

**Psalm 31:15** “My times are in Your hands.”

**The Meaning:** God does not just hold our "whole life"; He holds every small moment. He is in control of the "waiting times," the "quiet times," and the "big moments."

- My life is in God's hands. My future is in God's hands. I will trust Him.

### 2. Trust God in Difficult Times

**Psalm 30:5** “Weeping may last for the night, but joy comes in the morning.”

**The Meaning:** The night feels long, but it comes to an end. Just as the sun always rises, God's joy will surely come to you.

- Trouble will come, but it doesn't stay forever. Joy is on the way.

### 3. Stand Strong in God

**Philippians 4:13** “I can do all things through Him who strengthens me.”

**The Meaning:** "strengthen" means God puts His own power inside us.

- I am not strong on my own. But God puts His power in me, so I can stand firm no matter what comes my way.

### Conclusion: God Cares for You

**Revelation 21:4** “He will wipe every tear from their eyes.”

God sees your heart. He sees your tears. He will fix what is broken and make things new again.

We can say: “I will trust God with my life. I will trust God in hard times. I will stand in God's strength.”

My life is in His hands, therefore my heart can be at peace.