

Psalm 31 A Psalm of David

LORD, I trust You to rescue me (Ps. 31:1-3 and Ps. 71:3 are almost the same)

¹ O LORD, I have taken refuge in You, so in keeping with Your righteousness, please rescue me. Don't let me end up being ashamed that I trusted You for protection and deliverance. ² Please hear me with interest and rescue me quickly, because I trust You to be my impenetrable stronghold where I am safe. ³ I ask this because You are my security. LORD, for Your name's sake please lead me and guide me.

⁴ Because You are the strong One who can deliver me, I believe that someday You will actually rescue me from the traps which evil men secretly set for me. ⁵ I will say like Jesus Christ, the Messiah¹, said when He was dying on the cross for our sins, "Into Your hands I commit my spirit." By Christ's shed blood You have redeemed me, O LORD, God of truth.

If You don't help me, I do not have the strength to go on

⁶ While I trust in the LORD, I hate those who value vain idols as their god. ⁷ LORD, I know You have seen my affliction, so I will be thrilled to experience Your tender love and kindness. Yes, You know the troubles I am experiencing ⁸ yet You have not allowed my enemies to triumph over me. In fact, You have allowed me to escape every time. ⁹⁻¹⁰ Oh LORD, please be kind to me in my distress. For years my grief has been so heavy that I have cried until my eyes are bloodshot. ¹⁰ I have no more strength to go on because of my sin, and my body has become mere skin and bones.

Everyone is against me

¹¹ Everyone is in opposition to me. I am despised, especially by my neighbors, and all of my acquaintances hate to look upon me. When these people see me on the street they turn and go the other way. ¹² As far as others are concerned I am like a dead man. They wish I was out of sight and out of mind. People look upon me as being as worthless as a broken serving platter. ¹³ I have actually heard many people say things about me that are not true, and I am fearful everywhere I go. I am fearful because people meet secretly and share their ideas on how to kill me.

Let the wicked be destroyed instead of me

¹⁴ In spite of all this, I trust in You, O LORD. I say over and over again, "You are my God, and You are all I need." ¹⁵ You determine how long I will live, and I do want to live a long time. So, please don't let my enemies and those who persecute me take my life. ¹⁶ Look upon me with favor and save me in keeping with Your tender love and kindness. ¹⁷ LORD, I have prayed to You for help, so don't let me end up being ashamed that I trusted in You. Instead, let the wicked be the ones who are put to shame and lie silently in the grave. ¹⁸ Then their lying mouths will be silent, and their proud, arrogant words spoken in contempt against good and godly men will cease.

The LORD loves to pour out His tender love and kindness upon His children

¹⁹ Your goodness is so great, and You have an unlimited store of it. You have it ready to be poured out upon those who fear You and take refuge in Your wonderful name for all the world to see. ²⁰ For those who take refuge in the shelter of Your holy name, You hide them in the secret place of Your presence where evil men with devious plans and evil words cannot hurt them. You keep Your children hidden secretly in safety from the strife of evil tongues. ²¹ Blessed be the LORD, for He has shown His wonderful tender love and kindness to me even while I am trapped in this situation where I am totally surrounded by troubles.

LORD, I believe You will help me in Your own time and in Your own way

²² I really believe that someday You will actually do all of these things for me, but for now, I am trapped in this prison of hurts and heartaches. I am afraid of the coming danger if You don't help me. That is why I said to You, "You have turned Your back on me and I am totally abandoned." Nevertheless, I believe that You have heard my cry for help even though You have chosen to do nothing for me right now. I really believe You will help me some time in the future.

Trust the LORD - He won't let you down

²³ Every one of you who lives in a good and godly manner, love the LORD with all of your heart! He preserves the life of those who are faithful to Him, and he will pay back the proud, wicked man in full. ²⁴ Stand strong, trust in the LORD, and take courage. Be encouraged because your hope in the LORD will not be in vain.

¹ In John 14:6 Christ said, "I am the way, the truth, and the life. No man comes to the Father but by me." Therefore, the name "Jesus Christ, the Messiah" has been used.