

Main thought: This psalm may bring us comfort by reminding us of our God's loving strength. Recall also that verse 5 was spoken by our Lord on the cross as he died. Thus this psalm also reminds us of the cost of our lives paid in His blood.

Psalm 31:1–8

**In you, O LORD, do I take refuge;
let me never be put to shame;
in your righteousness deliver me!**
**Incline your ear to me;
rescue me speedily!**
**Be a rock of refuge for me,
a strong fortress to save me!**
**For you are my rock and my fortress;
and for your name's sake you lead me and guide me;
you take me out of the net they have hidden for me,
for you are my refuge.**
**Into your hand I commit my spirit;
you have redeemed me, O LORD, faithful God.**
**I hate those who pay regard to worthless idols,
but I trust in the LORD.**
**I will rejoice and be glad in your steadfast love,
because you have seen my affliction;
you have known the distress of my soul,
and you have not delivered me into the hand of the enemy;
you have set my feet in a broad place.**

Prayer

Lord Jesus, we thank You for taking from us that heavy load of our sins which we could not bear, but which You bore in your own body on the tree, ransoming us from eternal death. Grant us patience and resignation in suffering with You, that we may willingly take up our cross daily and follow You through suffering to glory. Amen.