

My God, My Refuge

Psalm 31:1-5

In you, O LORD, do I take refuge; let me never be put to shame; in your righteousness deliver me! ² Incline your ear to me; rescue me speedily! Be a rock of refuge for me, a strong fortress to save me! ³ For you are my rock and my fortress; and for your name's sake you lead me and guide me; ⁴ you take me out of the net they have hidden for me, for you are my refuge. ⁵ Into your hand I commit my spirit; you have redeemed me, O LORD, faithful God.

This psalm is a prayer for deliverance when confronted by a conspiracy so powerful and open that all David's friends abandoned him. No psalm expresses a more sturdy trust in the Lord when powerful human forces threaten. We are constantly being attacked by the devil, the world and our own flesh. As the nightly news blares out at us, it becomes very apparent that we are surrounded by evil.

The dictionary defines refuge as: Protection or shelter, as from danger or hardship. A place providing protection or shelter; haven or sanctuary. Anything to which one may turn for help, relief or escape.

This psalm helps us see how God checks all the boxes in our previous paragraph. Each of the following requests presupposes that the Lord will take these actions:

- ✓ Never let me put to shame;
- ✓ Incline your ear to me;
- ✓ Rescue me speedily;
- ✓ Be a Rock of refuge for me;
- ✓ A Strong fortress to save me;
- ✓ Lead and guide me;
- ✓ Into your hand I commit my spirit.

But the real topper are the words of verse 5, "you have redeemed me, O LORD, faithful God."

By these words the psalmist makes it clear that he has placed his life in the Lord's care. And, we can confidently do the same.

Prayer: Dear Lord, thank you for being our refuge to which we can always turn. Amen