



PSALM

31

In you, O Lord, do I take refuge;  
let me never be put to shame;  
in your righteousness deliver me!

(PSALM 31:1)



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## STRUCTURE

- v. 1-2** Petition for help.
- v. 3-8** Confidence in God.
- v. 9-13** Petition for help.
- v. 14-20** Confidence in God.
- v. 21-24** Closing praise of the Lord and exhortation.



## AT A GLANCE

**IN A WORD** This psalm contains key phrases from throughout the psalter: God as refuge and fortress, deliverance from shame, plea for God to incline His ear, etc.

**THIS SOUNDS FAMILIAR** The opening verses of this psalm are especially similar to those of Psalm 71.

**BLESSING** Verse 16 ties God's promise to the Aaronic benediction (NUM. 6:22-27), as well as the many descriptions of His steadfast love throughout the Psalms.

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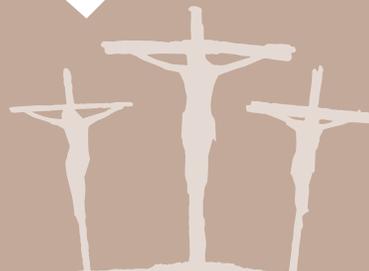
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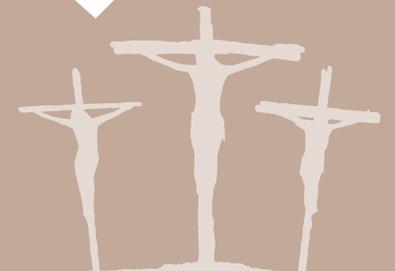
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**In this psalm David cries out** to God for help, takes refuge in God's consolation and gives thanks to God for His mercy. The pleas for deliverance are punctuated with expressions of confidence in God and vice versa, reflecting the great turmoil of David's life. The many quotations of key phrases from the psalter show how David knows the Word of God and uses it to comfort himself in the midst of his tribulation. Despite the ongoing back-and-forth between desperation and confidence, the psalm ultimately moves to praising God for His help and mercy and then ends with David calling on all the saints to love the Lord who does such things and to take courage as they wait for Him.



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## SPIRITUAL CARE

- In times of hopelessness, fear, loneliness and despair.
- During illness or when death is near.
- When being pressured or tempted toward assisted suicide.
- For hope.
- To commend ourselves, day or night, into God's protection.



## USE IN THE CHURCH

**Antiphon:** v. 1c

**In the Daily Office:** Mondays at Matins; second psalm at Compline

**At the Divine Service:**

Introit for All Saints, Mary Magdalene, and select Martyrs (LSB)

Psalm for Palm Sunday (ant: v. 5) and Good Friday (ant: v. 1)

**One-Year:**

Introit for Quinquagesima (ant: v. 2b–3) and Trinity 25 (ant: v. 9a, 15b, 17a)

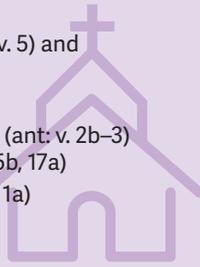
Gradual for Trinity 8 (v. 2b, 1a)

Verse for Trinity 6/5 (v. 1)

**Three-Year:**

Introit for Holy Monday AB (ant: v. 9) and Proper 19B (ant: v. 24)

**Hymn:** LSB 734, "I Trust, O Lord, Your Holy Name"



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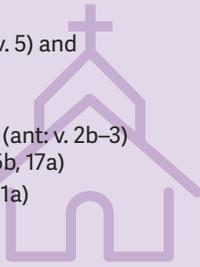
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## PSALM PRAYER

Turn us, O God our Protector, from our crooked ways, and grant that we may, without fear, dwell in the land of our inheritance. As You set us free from sin, govern us by faith, that we may neither be deceived by worldly prosperity, nor disturbed by the trouble of our enemy, nor clouded by the darkness of our sins, but that always hoping in You, we may rejoice that You shine the light of Your face on us; through Jesus Christ, our Lord. Amen.

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