

# 214 You Are My Refuge, Faithful God

(Psalm 31)

1 You are my ref - uge, faith - ful God; you  
 2 De - liv - er me from hid - den snares, from  
 3 Be gra - cious, God, in my dis - tress, and  
 4 I am a wretch - ed sight to see: a  
 5 And yet I trust in you, O God; your

shel - ter me from shame. I put my spir - it  
 sor - row, pain, and strife. When trou - bles seem to  
 dry my bit - ter tears. My life is spent in  
 bro - ken, emp - ty thing, with on - ly ter - ror  
 cov - e - nant still stands. Re - deem me, in your

in your hands and call up - on your name.  
 smoth - er me, take heed, and save my life!  
 mis - er - y; I sigh a - way my years.  
 all a - round, and death - ly whis - per - ing.  
 faith - ful love: my life is in your hands.

What John Calvin said about Psalm 31:5 can be applied to this paraphrase of the psalm as a whole: it is one of the places in scripture "most suitable for correcting distrust." That verse was on Jesus' dying lips (Luke 23:46), and this psalm is appointed for Passion/Palm Sunday.