### Psalms

## Chapter 31

To the [music] director:  
  
A Psalm by David about his change of state.  
  
  
  
  
1In You, O Jehovah, I’ve put all my hope;  
 So, may I not be disgraced throughout the age.  
 Please rescue me in Your justice,  
 And take me away from this place.  
 2Incline Your ear and listen to me…  
 Hurry and take me away!  
  
Become to me a God of defense,  
 And make Your House a place of salvation…  
 3A fortified place and safe haven!  
  
For the sake of Your [Holy] Name,  
 Please direct me and feed me,  
 4Then, lead me away from their snares…  
 For Jehovah, You are my defender.  
  
5Into Your hands, I’ve entrusted my breath,  
 And You’ve paid my ransom, O God of truth.  
  
6You detest all those who waste time  
 Doing things that are foolish;  
 So I’ll put my trust in Jehovah,  
 7And I’ll shout in praise of His mercy.  
  
For He’s noticed my humiliation,  
 And He’s witnessed the distress in my life.  
 8Then He saved me from my enemies’ hands,  
 And He set my feet in a safe place.  
  
9So show mercy on me, O Jehovah,  
 For I’m in great distress.  
 My eyes are disturbed and enraged,  
 As is my belly and soul.  
  
10My life has been wasted in grief,  
 And through most of my years, I’ve had to groan.  
 For my strength has been weakened by poorness,  
 And there has been pain in my bones.  
  
11By my enemies, I’ve been scorned,  
 And I’m even scorned by my neighbors.  
 So, those who know me now fear me,  
 And the rest have all run away.  
  
12I’ve been forgotten like one of the dead,  
 And like a [chamber] pot, my heart has become.  
 13I’ve heard the complaints of those moving about,  
 As they’ve gathered against me.  
  
Although they’ve assembled to kill me,  
 14I’ve put my trust in Jehovah.  
 I’ve said to Him:  
  
 15‘You are my God,  
 And I’ve left my [life] in Your hands.  
 So, please rescue me from my enemy’s hands,  
 And from all those who pursue me.  
 16Please show Your face to your servant…  
 In Your great mercy, please save me!’  
  
17O Jehovah, don’t let me meet with disgrace,  
 For I’m calling to You.  
 May all the godless be shamed,  
 And let them be led to their graves.  
  
18May the lips of deceivers be speechless…  
 Those who condemn righteous people  
 In contempt and in proud, lawless ways.  
  
19O Jehovah, Your ways are all kind,  
 But, they’re hidden from those who don’t fear You.  
 Before them, You send aid to the faithful,  
 20And within Your face, You conceal them  
 From the disturbance of those who are evil.  
 Yes, You shelter them inside Your Tent,  
 Away from all scolding tongues.  
  
21So, praise Jehovah for His mercy,  
 And for the miraculous things that [He brings]  
 To those cities that are under attack.  
  
22I said, when I saw things had changed:  
  
 ‘He’s thrown me away from His eyes!’  
  
But then, You listened to me,  
 And You heard what I said when I called out to You.  
  
23So, love Jehovah, you holy ones;  
 For such trueness is what God requires.  
 But, He will send retribution  
 To those who have too much pride.  
 Therefore, act like men and strengthen your hearts,  
 And put all your faith in Jehovah!