

*Refrain: Into your hands I commend my spirit.*

1 In you, O Lord, have I taken refuge;

let me never be put to shame; □

deliver me in your righteousness.

2 Incline your ear to me; □

make haste to deliver me.

3 Be my strong rock, a fortress to save me,

for you are my rock and my stronghold; □

guide me, and lead me for your name's sake.

4 Take me out of the net

that they have laid secretly for me, □

for you are my strength.

5 Into your hands I commend my spirit, □

for you have redeemed me, O Lord God of truth. [R]

6 I hate those who cling to worthless idols; □

I put my trust in the Lord.

7 I will be glad and rejoice in your mercy, □

for you have seen my affliction

and known my soul in adversity.

8 You have not shut me up in the hand of the enemy; □

you have set my feet in an open place. [R]

9 Have mercy on me, Lord, for I am in trouble; □

my eye is consumed with sorrow,

my soul and my body also.

10 For my life is wasted with grief,

and my years with sighing; □

my strength fails me because of my affliction,

and my bones are consumed.

11 I have become a reproach to all my enemies

and even to my neighbours,

an object of dread to my acquaintances; □

when they see me in the street they flee from me.

12 I am forgotten like one that is dead, out of mind; □

I have become like a broken vessel.

13 For I have heard the whispering of the crowd;

fear is on every side; □

they scheme together against me,

and plot to take my life. [R]

14 But my trust is in you, O Lord. □

I have said, 'You are my God.

15 'My times are in your hand; □

deliver me from the hand of my enemies,

and from those who persecute me.

16 'Make your face to shine upon your servant, □

and save me for your mercy's sake.'

17 Lord, let me not be confounded

for I have called upon you; □

but let the wicked be put to shame;

let them be silent in the grave.

18 Let the lying lips be put to silence □

that speak against the righteous

with arrogance, disdain and contempt. [R]

19 How abundant is your goodness, O Lord,

which you have laid up for those who fear you; □

which you have prepared in the sight of all

for those who put their trust in you.

20 You hide them in the shelter of your presence

from those who slander them; □

you keep them safe in your refuge from the strife of tongues.

21 Blessed be the Lord! □

For he has shown me his steadfast love

when I was as a city besieged.

22 I had said in my alarm,

'I have been cut off from the sight of your eyes.' □

Nevertheless, you heard the voice of my prayer

when I cried out to you. [R]

23 Love the Lord, all you his servants; □

for the Lord protects the faithful,

but repays to the full the proud.

24 Be strong and let your heart take courage, □

all you who wait in hope for the Lord.

*Refrain: Into your hands I commend my spirit.*

*Lord Jesus Christ,*

*when scorn and shame besiege us*

*and hope is veiled in grief,*

*hold us in your wounded hands*

*and make your face shine on us again,*

*for you are our Lord and God.*

Common Worship: Daily Prayer, material from which is included here,

is copyright © [The Archbishops' Council](#) 2005 and published by [Church House Publishing](#).

[Copy to clipboard](#)

[Back to top](#)

[Common Worship - Daily Prayer](#)

Image not found or type unknown

## Join us in Daily Prayer

[Join us in Daily Prayer](#)



## Buy the Book

Daily Prayer is available from Church House Publishing

## Download the Reflections on the Psalms app



---

**Source URL:** <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/daily-prayer/psalter/psalm-31>