

Psalm 71: Old Man continues to trust



Psalm 71 (70) (Mode 2. 5....31 / 4.....32)

This is a supplication with an abundant amount of praise. The psalmist is an old man who is pleading for God's help. As an old man he plays an important role in the community and he senses that he has more to do in carrying out his responsibility to hand on the traditions to the young. He does not complain of sickness, only that his powers are diminishing and that there are people who want to see him dead. His trust in God and his maintaining of hope as an old man is impressive.

see Psalm 31:1-3

In you, O Lord, I seek refuge;

I pray you do not fail me.

In your justice set me free.

Make me safe.

Come close to hear me.

Be for me a rock of refuge,

a strong fortress, to save me.

You are indeed my rock, my fortress.

Rescue me, O God,
from the hand of the wicked,
from the grasp of the violent.
For you, O Lord, are my hope.

From my youth I have placed my trust in you.
Upon you I have leaned from my birth.
It was you who took me from my mother's womb.
I will never stop praising you.

‘On you I was cast from my birth, and since my
mother bore me you have been my God’(Psalm 22:10).

Many look on me in awe,
seeing that you are my refuge.
I am full of praise for you.
I can speak only good of you all day long.

Do not cast me off
now that I am old.
Do not forsake me
now my strength is spent.

My enemies speak ill of me,
those who want my end conspire against me.

‘God has forsaken him,
let us pursue him.

Let us seize him,
for there is no one to defend him.’

O God, do not leave me alone.

O my God, come quickly to help me!

‘Do not be far from me, for trouble is near
and there is no one to help’(Psalm 22:9).

‘But you, Lord, do not be far away! O my help,
come quickly to my aid!’(Psalm 22:19).

Shame those who seek to harm me.

May they be covered with scorn and disgrace.

I will continue to hope.

I will praise you more and more.

All day long, however inadequate my words

I will tell of your saving help.

I will praise the mighty deeds of the Lord,

I will praise your justice, yours alone.

‘How weighty to me are your thoughts, O God! How vast is the sum of them! I try to count them – they are more than the sand; I come to the end – I am still with you’(Psalm 139:17-18).

O God, you have taught me from my childhood
to praise your wondrous deeds.

O God, do not forsake me,
now that I am old and my hair is grey.

I want to proclaim to the next generation
your might and your justice.

The great things that you have done
are as high as the heavens, O God.

Sirach 43:28-33

‘Where can we find the strength to praise him?

For he is greater than all his works.

Awesome is the Lord and very great,
and marvellous is his power.

Sirach 43:28-33

Glorify the Lord and exalt him as much as you can,
for he surpasses even that. When you exalt him,
summon all your strength, and do not grow weary, for
you cannot praise him enough. Who has seen him and
can describe him? Or who can extol him as he is?
Many things greater than these lie hidden,
for I have seen but few of his works.
For the Lord has made all things,
and to the godly he has given wisdom.'

O God, who can compare with you?
You have brought me through many troubles.
I know you will do so again.
You will give me back my life.
You will increase my honour,
and comfort me once again.
I will praise you with the harp,
for your faithfulness, O my God.
I will sing praises to you with the lyre,
O Holy One of Israel.

I will shout for joy.

I will sing of how you saved me.

All day long

I will tell of your justice.

Those who tried to do me harm

have been put to shame and disgraced.