

Reflection on Psalm 31

Jesus commanded us to
deny ourselves,
take up our crosses, and
follow Him.

So here, as I am crucified with Christ, I pray:

Father, into Your hands I commit my Spirit. (Luke 23:46, NASB; cf Psalm 31:5)

Even when it seems that I am in the grip of trouble,
my Father,
I am still in Your grip.

In sickness, injustice, grief, and loss,

You are my God.

My times are in Your hand. (Psalm 31:14-15, NASB)

It is written of Christ that

being reviled, He did not revile in return;

while suffering, He uttered no threats,

but kept entrusting Himself to

Him who judges righteously. (1 Peter 2:23, NASB)

Father, I do the same.

You are good and right, and

everything You do is good and right.

I entrust myself completely to You.

How great is Your goodness,

even in the worst of circumstances!

Even when I am

weak and

completely helpless,

I am strong in You,

I am secure in You.

My life is hidden with Christ in You. (Colossians 3:3, NASB)

Hymn: [Psalm 31](#)