

My Times Are in Your Hands (Psalm 31)

BeShiny Psalms | Adapted from Psalm 31

In You, O LORD, I find my refuge;
let me never be ashamed;
in Your righteousness, deliver me.

Bend Your ear and hear me;
come quickly to my rescue.
Be the rock where I find shelter,
the fortress that will save me.

You are my rock and my fortress;
for the honour of Your name,
lead me and guide my steps.

You free me from the net they laid for me,
for You are my shelter.

Into Your hands I entrust my spirit;
You have redeemed me, LORD, my faithful God.

I reject those who cling to empty idols;
I place my trust in You, O LORD.

I will rejoice in Your unfailing love;
You have seen my suffering
and known the anguish of my soul.

You have kept me from the enemy
and set my feet where there is room to stand.

Lord, I place my trust in You;
You alone are my God.
My times are in Your hands;
rescue me from my enemies,
from all who hunt me down.

Let Your face shine upon Your servant;
save me in Your faithful love.

Have mercy on me, O LORD,
for trouble weighs upon me.
My eyes grow dim with sorrow;
grief wears my soul and body down.

My life is spent in grief,
my years are filled with sighing.
My sin has worn away my strength;
my very bones grow weak.

My enemies despise me,
my neighbours turn away.
Even friends are frightened of me;
they flee when I pass by.

I am forgotten like the dead,
discarded like a broken jar.

Whispers of slander reach me;
fear surrounds me on every side.
They gather and conspire against me,
plotting how to take my life.

Lord, I place my trust in You;
You alone are my God.
My times are in Your hands;
rescue me from my enemies,
from all who hunt me down.

Let Your face shine upon Your servant;
save me in Your faithful love.

Lord, keep me from disgrace,
for I have called upon You.
Let shame fall on the wicked;
let them fall silent in the grave.

Silence every lying tongue
that speaks against the righteous
with arrogance and scorn.

How abundant is Your goodness,
stored for those who fear Your name,
poured out for all the world to see
on those who find their refuge in You!

Within Your presence You conceal them
from the schemes that others weave.
You keep them safe beneath Your shelter
from accusing tongues.

All praise to You, O LORD;
You showed the wonder of Your faithful love
within a city under siege.

In my fear I cried,
"I am cut off from Your sight!"
Yet You heard my cry for mercy
when I called to You for help.

Love the LORD, all you His people.
He watches over those who keep faith
and repays the proud in full.

Take courage and be strong,
all whose hope is in the LORD.

Lord, I place my trust in You;
You alone are my God.
My times are in Your hands;
rescue me from my enemies,
from all who hunt me down.

Let Your face shine upon Your servant;
save me in Your faithful love.

Take courage and be strong,
all whose hope is in the LORD.

Take courage and be strong,
all whose hope is in the LORD.

Text and production credits

Adapted from Psalm 31. Lyrics developed with substantial ChatGPT drafting, then revised under the editorial oversight and rigorous theological direction of Steven Forsberg. Source consulted: the public-domain Berean Standard Bible (BSB). The sung text is an adaptation. Musical composition, vocals and instrumental audio generated using Suno under human musical direction.