

Psalm 71

4th Sunday Year C
Prayer during the Day Monday Week 3

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. There is no title.

**¹In you, YHWH*, I seek refuge;
do not let me be put to shame for
ever.**

**²In your justice* set me free.
Make me safe. Come close to hear
me. Save me.**

**³Be a rock of refuge for me,
a strong fortress, to save* me.
You are indeed my rock and my
fortress.**

**⁴Rescue me, O my God, from the
hand of the wicked,
from the grasp of criminals and
the violent.**

**⁵For you, O Lord, are my hope*.
I have placed my trust* in you,
YHWH, from my youth.**

**⁶Upon you I have leaned from
my birth; it was you who took me
from my mother's womb.
My praise is continually of you.**

**⁷Many look on me as something
special, for you are a strong for-
tress for me.**

**⁸My mouth is full of your praise.
I can speak only good of you all
day long.**

**⁹Do not cast me off now that I am
old; do not forsake me now my
strength is spent.**

The opening words are almost identical with the opening words of Psalm 31:

In you, YHWH, I seek refuge;
do not let me ever be put to shame;
in your justice make me safe.
Come close to hear me;
come quickly to rescue me.
Be my rock of refuge,
a strong fortress that saves me.
You are indeed my rock and my fortress.

– Psalm 31:1-3

Placed on your lap from my birth, since my
mother bore me you have been my God.

– Psalm 22:10

He is living proof that YHWH is a secure ref-
uge.

Praise of God's justice

Do not stand far off. Trouble is near
and I have no one to assist me.

– Psalm 22:11

But you, YHWH, do not stand aside!
O my strength, come quickly to my aid!

– Psalm 22:19

YHWH, you have seen; do not be silent!
O Lord, do not be far from me!

– Psalm 35:22

Do not forsake me, YHWH; O my God, do not be
far from me.

– Psalm 38:21

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

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 marvelous is his power.
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.

– Sirach 43:28-33

**¹⁰For my enemies speak ill of
me, those who want my end
conspire together.**

**¹¹They say, 'God has forsaken
him, pursue him, seize him,
for there is no one to defend
him.'**

**¹²O God, do not stay far from
me; O my God, come quickly
to help me!**

**¹³Let my accusers be put to
shame and consumed;
let those who seek to hurt me
be covered with scorn and
disgrace.**

**¹⁴I will continue to hope*, and
will praise you yet more and
more.**

**¹⁵My mouth will tell of your
justice*, of your saving help*
all day long.**

Inadequate as my words are,

**¹⁶I will praise the mighty
deeds of the Lord YHWH, I
will praise your justice*, yours
alone.**

¹⁷O God, from my youth you have taught me,
and I still proclaim your wondrous deeds.

¹⁸Now in old age and gray hairs,
O God, do not forsake me,
so that I can proclaim your might and your power
to the next generation:

¹⁹your power and your justice*, O God,
which reach to the heavens,
and the great things that you have done.
O God, who can compare with you?

²⁰You have made me pass through many troubles and calamities.
You will once again cause me to recover;
you will bring me back once more from the depths of the earth .

²¹You will increase my honour, and comfort me once again.

²²I, in my turn, 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.

²³My lips will shout for joy when I sing praises to you
with all my being*, for you have rescued me.

²⁴All day long my tongue will talk of your justice,
for those who tried to do me harm
have been put to shame and disgraced.