

Reading Through Psalm - My Thoughts and Comments

Psalm 31: 1, 23-24

New International Version

In you O Lord, I have taken refuge; let me never be put to shame; deliver me in your righteousness.

The Message

I run to you, God; I run for dear life. Don't let me down! Take me seriously this time! Get down on my level and listen, and please—no procrastination! Love God, all you saints; God takes care of all who stay close to him, But he pays back in full those arrogant enough to go it alone. Be brave. Be strong. Don't give up. Expect God to get here soon.

There have been, and will be, times when we are made to feel ashamed - when something in our lives brings regret, humiliation, or some sense that is similar. Shame can be momentary or for a short period of time; after which, we are forgiven (or at least forgive others) and ideally continue with greater understanding and maturity. Shame can also be longstanding or for a long period; during which we are made to feel worthless, incapable or insufficient - when whatever we do or try is simply not enough or adequate. Shame should be followed by forgiveness and reconciliation under the umbrella of love and compassion!

When David prayed to God for deliverance, he was pleading for refuge or sanctuary from shame: evidently grieved by circumstances, he trusted that God could grant mercy and forgiveness - when his friends dreaded being around him and had told lies about him. This chapter ends on such an uplifting verse! David's prayer for mercy is concluded by the salutation that God is faithful and just - that in his judgment, God grants mercy to the faithful in the form of forgiveness and reconciliation.

I pray that what shame occurs in your life will be only momentary; that you understand that, because God made and love you, you can be forgiven by him for anything; and that, having been forgiven, you can find reconciliation or acceptance in Christ. Do not let shame become a long-term or never ending circumstance of malady of life; but instead, pray for mercy and deliverance as David did in his circumstances.

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