

# Psalm 31

*In you, O LORD, I take refuge*

## Response

cf. 3b	<i>Be a rock of refuge for me, O LORD .....</i>	31-1*
6a	<i>Into your hands, O LORD, I commend my spirit. ....</i>	31-2, 3
6b	<i>You will redeem me, O LORD, O faithful God. ....</i>	31-4
17b	<i>Save me, Lord, in your merciful love.....</i>	31-5, 6
25	<i>Be strong, let your heart take courage, all who hope in the LORD. ....</i>	31-7
25	<i>Let your heart take courage, all who hope in the LORD.....</i>	31-8
Lk 23:46	<i>Father, into your hands I commend my spirit. ....</i>	31-9*, 10, 11
	<i>Alleluia.....</i>	31-A

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85	9th Sunday in Ordinary Time, Year A.....	31-1

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Be a rock of re - fuge for me, O Lord.

Dm Am/C Gm/Bb Am Gm Dm

- 2 In you, O LORD, I take refuge.  
Let me never be put to shame.  
In your justice, set me free;
- 3 incline your ear to me, and speedily rescue me. *R.*
- Be a rock of refuge for me,  
a mighty stronghold to save me.
- 4 For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name. *R.*
- 17 Let your face shine on your servant.  
Save me in your merciful love.
- 25 Be strong, let your heart take courage,  
all who hope in the LORD. *R.*

**Psalm 31(30):2-3a. 3b-4. 17, 25. *R.* cf. 3b**

- 85 9th Sunday in Ordinary Time, Year A

Be a rock of re - fuge for me, O Lord.

Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am Gm Bb Am

- 2 In you, O LORD, I take refuge.  
Let me never be put to shame.  
In your justice, set me free;
- 3 incline your ear to me, and speedily rescue me. R.
- Be a rock of refuge for me,  
a mighty stronghold to save me.
- 4 For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name. R.
- 17 Let your face shine on your servant.  
Save me in your merciful love.
- 25 Be strong, let your heart take courage,  
all who hope in the LORD. R.

In - to your hands, O LORD, I com - mend my spi - rit,  
 Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

Be a rock of refuge for me,  
 a mighty stronghold to save me.  
 4 For you are my rock, my stronghold!  
 Lead me, guide me, for the sake of your name. *R.*

6 Into your hands I commend my spirit.  
 You will redeem me, O LORD, O faithful God.  
 7 As for me, I trust in the LORD.  
 8 Let me be glad and rejoice in your mercy. *R.*

17 Let your face shine on your servant.  
 Save me in your merciful love.  
 21 You hide them in the shelter of your presence,  
 secure from human scheming. *R.*

**Psalm 31(30):3c-4. 6ab, 7b, 8a. 17, 21ab. *R.*6a**

- 274 Tuesday, 3rd Week of Easter

In - to your hands, O LORD, I com - mend my spi - rit,  
Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

- 3 Be a rock of refuge for me,  
a mighty stronghold to save me.
- 4 For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name. *R.*
- 6 Into your hands I commend my spirit.  
You will redeem me, O LORD, O faithful God.
- 8 Let me be glad and rejoice in your mercy,  
for you who have seen my affliction. *R.*
- 16 From the hands of my enemies deliver me,  
and from those who pursue me.
- 17 Let your face shine on your servant.  
Save me in your merciful love. *R.*

**Psalm 31(30):3b-4. 6, 8ab. 16bc, 17. *R.*6a**

- 561a May 4, The English Martyrs (England)
- 684i November 30, St Andrew (Scotland)
- 696 December 26, St Stephen
- 715-1 Common of Martyrs

You will re - deem me, O LORD, O faith-ful\_ God.

Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

- 2 In you, O LORD, I take refuge.  
Let me never be put to shame.  
In your justice, set me free;
- 3 incline your ear to me, and speedily rescue me. *R.*
- Be a rock of refuge for me,  
a mighty stronghold to save me.
- 4 For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name. *R.*
- 5 Release me from the snare they have hidden,  
for you indeed are my refuge.
- 6 Into your hands I commend my spirit.  
You will redeem me, O LORD, O faithful God. *R.*

**Psalm 31(30):2-3a. 3b-4. 5-6. *R.* 6b**

- 779b-3 Ritual: Penance

Save me, Lord, in your mer - ci - ful love.

Dm Gm/Bb Am Gm Dm

- 5 Release me from the snare they have hidden,  
for you indeed are my refuge.
- 6 Into your hands I commend my spirit.  
You will redeem me, O LORD, O faithful God. **R.**
- 14 I have heard the slander of the crowd;  
terror all around me,  
as they plot together against me,  
as they plan to take my life. **R.**
- 15 But as for me, I trust in you, O LORD;  
I say, 'You are my God.
- 16 There in your hands is my lot,  
from the hands of my enemies deliver me,  
and from those who pursue me.' **R.**

**Psalm 31(30):5-6. 14. 15-16. R. 17b**

- 232 Wednesday, 2nd Week of Lent

Save me, Lord, in your mer - ci - ful love.

Dm Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

- 2 In you, O LORD, I take refuge.  
Let me never be put to shame.  
In your justice, set me free;
- 3 incline your ear to me, and speedily rescue me. *R.*
- Be a rock of refuge for me,  
a mighty stronghold to save me.
- 4 For you are my rock, my stronghold!  
Lead me, guide me, for the sake of your name. *R.*
- 15 But as for me, I trust in you, O LORD;  
I say, 'You are my God.
- 16 There in your hands is my lot,  
from the hands of my enemies deliver me,  
and from those who pursue me.' *R.*
- 20 How great is the goodness, LORD,  
that you keep for those who fear you,  
that you show to those who trust you  
in the sight of the children of Adam. *R.*

**Psalm 31(30):2-3a. 3b-4. 5-6. 15-16. 20. *R.* 17b**

- 639 September 15, Our Lady of Sorrows

Be strong, let your heart take courage, all who hope in the LORD.

Dm Am Gm Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

20 How great is the goodness, LORD,  
that you keep for those who fear you,  
that you show to those who trust you  
in the sight of the children of Adam. **R.**

21 You hide them in the shelter of your presence,  
secure from human scheming;  
you keep them safe within your tent  
from disputing tongues. **R.**

Dm Am/C Gm6 Am

22 Blest be the LORD for he has wondrously shown me  
his merciful love in a fortified city! **R.**

23 'I am far removed from your sight,'  
I said in my alarm.  
Yet you heard the voice of my plea  
when I cried to you for help. **R.**

(cont.)

Be strong, let your heart take courage, all who hope in the LORD.

Dm Am Gm Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

24

Love the LORD, all you his saints.  
 The LORD guards the faithful.  
 But the LORD will repay to the full  
 the one who acts with pride. **R**

**Psalm 31(30):20. 21. 22. 23. 24. R 25**

- 323i Monday, 4th Week in Ordinary Time, Year 1

Let your heart take cou - rage, all who hope in the LORD.

Am Gm Am Gm Dm

20

How great is the goodness, LORD,  
that you keep for those who fear you,  
that you show to those who trust you  
in the sight of the children of Adam. *R.*

21

You hide them in the shelter of your presence,  
secure from human scheming;  
you keep them safe within your tent  
from disputing tongues. *R.*

24

Love the LORD, all you his saints.  
The LORD guards the faithful.  
But the LORD will repay to the full  
the one who acts with pride. *R.*

### Psalm 31(30):20. 21. 24. *R.* 25

- 367ii Wednesday, 11th Week in Ordinary Time, Year 2

Fa - ther, in - to your hands I com - mend my spi - rit,  
 Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am Gm Bb Am

- <sup>2</sup> In you, O LORD, I take refuge.  
 Let me never be put to shame.  
 In your justice, set me free.
- <sup>6</sup> Into your hands I commend my spirit.  
 You will redeem me, O LORD, O faithful God. R̃.
- <sup>12</sup> Because of all my foes  
 I have become a reproach,  
 an object of scorn to my neighbours  
 and of fear to my friends. R̃.
- Those who see me in the street,  
 they flee from me.
- <sup>13</sup> I am forgotten, like someone dead,  
 and have become like a broken vessel. R̃.
- <sup>15</sup> But as for me, I trust in you, O LORD;  
 I say, 'You are my God.'
- <sup>16</sup> There in your hands is my lot,  
 from the hands of my enemies deliver me  
 and from those who pursue me.' R̃.
- <sup>17</sup> 'Let your face shine on your servant.  
 Save me in your merciful love.'
- <sup>25</sup> Be strong, let your heart take courage,  
 all who hope in the LORD. R̃.

Psalm 31(30):2, 6. 12a-d. 12e-13. 15-16. 17, 25. R̃. Luke 23:46

- 41 Good Friday

Fa - ther, in - to your hands I com - mend my spi - rit,  
 Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am Gm Bb Am

- 2 In you, O LORD, I take refuge.  
 Let me never be put to shame.  
 In your justice, set me free.
- 6 Into your hands I commend my spirit.  
 You will redeem me, O LORD, O faithful God. **R.**
- 12 Because of all my foes  
 I have become a reproach,  
 an object of scorn to my neighbours  
 and of fear to my friends. **R.**
- Those who see me in the street,  
 they flee from me.
- 13 I am forgotten, like someone dead,  
 and have become like a broken vessel. **R.**

(cont.)

Fa - ther, in - to your hands I com - mend my spi - rit,

Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am Gm Bb Am

- 15 But as for me, I trust in you, O LORD;  
I say, 'You are my God.
- 16 There in your hands is my lot,  
from the hands of my enemies deliver me  
and from those who pursue me.' **R.**
- 17 'Let your face shine on your servant.  
Save me in your merciful love.'
- 25 Be strong, let your heart take courage,  
all who hope in the LORD. **R.**

Fa - ther, in - to your hands I com - mend my spi - rit,  
Dm Am/C Gm/Bb Am Gm Dm

- 2 In you, O LORD, I take refuge.  
Let me never be put to shame.  
In your justice, set me free.
- 6 Into your hands I commend my spirit.  
You will redeem me, O LORD, O faithful God. *R.*
- 12 Because of all my foes  
I have become a reproach,  
an object of scorn to my neighbours  
and of fear to my friends. *R.*
- Those who see me in the street,  
they flee from me.
- 13 I am forgotten, like someone dead,  
and have become like a broken vessel. *R.*
- 15 But as for me, I trust in you, O LORD;  
I say, 'You are my God.'
- 16 There in your hands is my lot,  
from the hands of my enemies deliver me  
and from those who pursue me.' *R.*
- 17 'Let your face shine on your servant.  
Save me in your merciful love.'
- 25 Be strong, let your heart take courage,  
all who hope in the LORD. *R.*

**Psalm 31(30):2, 6. 12a-d. 12e-13. 15-16. 17, 25. *R.* Luke 23:46**

- 971-2 Votive: The Mystery of the Holy Cross

Fa - ther, in - to your hands I com - mend my spi - rit,  
 Dm Am/C Gm/Bb Am Gm Dm

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

- 2 In you, O LORD, I take refuge.  
 Let me never be put to shame.  
 In your justice, set me free.
- 6 Into your hands I commend my spirit.  
 You will redeem me, O LORD, O faithful God. **R☩**
- 8 You who have seen my affliction  
 and taken heed of my soul's distress,  
 9 have not left me in the hands of the enemy,  
 but set my feet at large. **R☩**
- 15 But as for me, I trust in you, O LORD;  
 I say, 'You are my God.  
 16 There in your hands is my lot,  
 from the hands of my enemies deliver me  
 and from those who pursue me.' **R☩**
- 17 'Let your face shine on your servant.  
 Save me in your merciful love.'  
 25 Be strong, let your heart take courage,  
 all who hope in the LORD. **R☩**

**Psalm 31(30):2, 6. 8b-9. 15-16. 17, 25. R☩ Luke 23:46**

- 965 VNO: For the Grace of a Happy Death

Al - le - lu - ia, al - le - lu - ia, al - le - lu - ia.

Dm Am/C Gm/Bb Am Gm Am Dm

Dm Am/C Gm6 Am

Dm Am/C Bb Dm Am7/C Gm/Bb Gm6 Am

Praise to you, O Christ, King of e - ter - nal glo - - ry.

Dm C Bb F/A Dm Gm Dm/A A