

## Our Rock of Refuge

### Description

Psalm 71:19-24

Psalm 71 is a prayer for God's presence and safety in the midst of trouble. It has long been associated with Jesus' passion and resurrection. Verse 20, for instance, recalls Jesus' burial and resurrection: "Though you have made me see troubles, many and bitter, you will restore my life again; from the depths of the earth you will again bring me up."

We don't know much about the setting or intent of this psalm. It seems likely that it was written by David, as it is the middle prayer in a sequence of three (Psalms 70—72). If so, he seems to have been writing from the perspective of a long life of trusting God. Even though he is troubled, he is confident that God is with him. "Be my rock of refuge," he asks the Lord, "to which I can always go" (v. 3).

God is indeed our "rock of refuge." Like the psalmist, we can put our hope in God (v. 5). We can praise Him "with the harp" and "the lyre" (v. 22), and "shout for joy" (v. 23), because Jesus rose from the grave to be our resurrection hope. On this Easter Sunday, let us celebrate the resurrection of our Lord!

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