

Rock shelter on *Giv'at Ha-Izim* (literally. *Goats' Hill*) on the slopes of Mount Carmel in Israel.



You may wish to get a pen and paper for later in this reflection

Old and Grey

We open with hearing Jason Silver, the Canadian singer/songwriter offering Psalm 71

 **YouTube**

https://youtu.be/gxW-zYCqvo?si=BLICqCnkt_BLHdV3

This psalm is not attributed to David, however some see

David's hand in this composition. While we will be focussing on the verses in the box below, I have included a YouTube link to the whole psalm, using the NKJV.

The verses omitted cover mainly a period where possibly David was facing some serious issues with his enemies, adversaries and perhaps even friends. The psalmist is now old and grey as he ponders his situation (verse 18). The psalm as a whole shows how the psalmist responded to adversity.

Read through the verses from Psalm 71 in the box below.

Verses from Psalm 71

Iona Community Daily Worship (Verses 1-6,9,14)

*My security rests in you, O God; let me never be put to shame.
By your saving power deliver me, hear me and keep me safe.*

*Be a rock of refuge for me to which I can always come.
Keep me safe from the power of the wicked, from the grasp of the cruel and unjust.*

*As long as I can remember, I have put my trust in you.
I have leaned on you since birth, when you brought me out of the womb.*

Keep close when my energy fails me as I spend my last years on earth.

Let me wait in constant hope and praise you again and again.

For the full text click the  **YouTube** link below audio & text

<https://youtu.be/77EGCzyPmEq?si=CnwqvtEJKZOvuFfB>

Now listen to 'Thy hand O God, has guided' sung by Chey Valley Churches singers

 **YouTube**

<https://youtu.be/eniRq02fMPQ?si=uSP7zh333VGR8Bh8>

This psalm lends itself to a time of retrospection, the hymn 'Thy hand O God, has guided' may have assisted in this retrospection. I invite you to recall times in your life that have been difficult and how you felt, not forgetting the good times which probably outnumber the darker times. Perhaps make a note of them. Don't rush spend time pondering, perhaps a quiet stroll, an extra favourite hot drink.

*My security rests in you, O God; let me never be put to shame.
By your saving power deliver me, hear me and keep me safe.*

*Be a rock of refuge for me to which I can always come.
Keep me safe from the power of the wicked, from the grasp of the cruel and unjust.*

What's the expression, 'chill'? I prefer the idea of a slowdown time. As we get older we often have times when our bodies tell us to slowdown. Spiritually we need such times so we can bring the story of our faith journey alive.

*As long as I can remember, I have put my trust in you.
I have leaned on you since birth, when you brought me out of the womb.*

Keep close when my energy fails me as I spend my last years on earth.

Let me wait in constant hope and praise you again and again.

Lucy Winkett writes:

This psalm gives clear purpose to living a long time: that the learning from experience is passed on to the next generation, and that greater age gives that task more weight and meaning. All that the older person asks is not to be forsaken by God, which is the same prayer prayed by old and young alike: that God will not leave.

Prayer:

*Faithful Lord, living Saviour,
in youth and old age,
from the womb to the grave,
may we know your protection
and proclaim your great salvation
to the glory of God the Father.*

We close with Choir of York Minster sings Psalm 71 "In Thee O Lord, Have I Put My" Trust. Click the link below

 **YouTube** <https://youtu.be/eniRq02fMPQ?si=uSP7zh333VGR8Bh8>

Verses from Psalm 71
New King James Version

1 In You, O Lord, I put my trust;
Let me never be put to shame.
2 Deliver me in Your righteousness, and
cause me to escape;
Incline Your ear to me, and save me.

3 Be my strong refuge,
To which I may resort continually;
4 Deliver me, O my God, out of the
hand of the wicked,
Out of the hand of the unrighteous and
cruel man.

5 For You are my hope, O Lord God;
You are my trust from my youth.
6 By You I have been upheld from birth;
You are He who took me out of my
mother's womb.

9 Do not cast me off in the time of old
age; do not forsake me when my
strength fails.

14 But I will hope continually,
And will praise You yet more and more.

Verses from Psalm 71
Iona Community Daily Worship

My security rests in you, O God;
let me never be put to shame.
By your saving power deliver me,
Hear me and keep me safe.

Be a rock of refuge for me
to which I can always come.
Keep me safe from the power of the
wicked, from the grasp of the cruel and
unjust.

As long as I can remember,
I have put my trust in you.
I have leaned on you since birth,
When you brought me out of the womb.

Keep close when my energy fails me
as I spend my last years on earth.
Let me wait in constant hope
and praise you again and again.

Acknowledgements

Iona Community Worship Book

The Psalms selected are taken from the Psalms used by the Iona Community and are taken from the Iona Abbey Worship Book, Wild Goose Publications 2017. The material can be used for non-commercial use without written permission.

Reflections on the Psalms App (hymnsam.co.uk), also available as a paperback

Reflection by * Lucy Winkett

contributor to Reflections on the Psalms

Lucy Winkett is Rector of St James's Church, Piccadilly. She contributes regularly to Radio 4's *Thought for the Day* and is the author of *Our Sound is our Wound* (Continuum 2010). She combines parish ministry with chairing an educational trust and running an Church of England Academy, including a project for children on the autistic spectrum. Until 2010, she was Canon Precentor of St Paul's Cathedral.

John Eaton - Psalms for Life John Eaton SPCK 2006

Prayers taken from Reflections on the Psalms

Music

Jason Silver, Canadian singer/songwriter and Free Methodist worship pastor sings Psalm 71

 **YouTube** https://youtu.be/gxW-zYCqvo?si=BLICqCnkt_BLHdV3

Thy hand O God, has guided Chey Valley Churches

 **YouTube** <https://youtu.be/eniRq02fMPQ?si=uSP7zh333VGR8Bh8>

Choir of York Minster sings Psalm 71 "In Thee O Lord, Have I Put My Trust"

 **YouTube** <https://youtu.be/qU7UaaaQjVU?si=yOfAJiFI70rIWE0e>

Photographs

A shallow cave/rock shelter on *Giv'at Ha-Izim* (Hebrew: גבעת העיזים, literally. *Goats' Hill*) on the western slopes of Mount Carmel in Haifa, Israel.

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While I seek to use only reliable sources when using websites, I cannot guarantee that the content on these websites is or will remain accurate or appropriate. I also have no control over the advertisements that accompany the YouTube link, these do seem to be on the increase.

(Derek is an Honorary Associate Priest (All Saints & St James and St Stephen's, Elton) Prior to his ordination he was accredited as a Methodist Preacher in 1968 and served within the Methodist Church until returning to the Anglican Church in the mid 1980's)

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The dual Parishes of Kirklees Valley, Bury, (All Saints, Elton & St James, Woolfold) and St Stephens, Elton are in the Diocese of Manchester.

Vicar of the two parishes - Fr. Samuel Eccleston O.P. (Anglican Order of Preachers-Dominicans)