

Reflections on Psalm 129

PROTECTION FROM OPPRESSION

(A plea for help in time of trouble)

*Who is my helper during the valley of this life?
Where is the refuge from the oppressor's sharp knife?*

*How do I heal a broken and weary soul
With no will left, nor a safe place to go?*

*When will the twinkle of joy return to my eyes
With a spirit so high, it takes wings and flies?*

*God is my ever-present help in time of grave danger
The Anointed One, My Messiah, humbly born in a manger*

*I'll go down on my knees with my humble face toward God
Letting Him heal my broken heart where the oppressors have trod.*

*He will sow a seed of love into my bruised and battered heart
And heal the open wounds from the enemy's poisonous dart*

*In time, His tiny seed will become a strong and mighty tree
Whose branches shade the weary, suffering souls like me*

*Underneath its branches will sprout God's brand new seeds
Leafing into His forest, free of the oppressors' weeds*

*God the Sovereign Lord, the ultimate source of life
Will heal broken hearts during difficult times of strife*

*I'll leave all vindication to Him, and show His loving grace
Teaching and winning souls throughout the human race*

*God will make straight His righteous way to me
Offering protection, security, and open eyes to see*

*The oppressor of God's children will never prevail
For He is Omnipotent, ever present, and will not fail*

*Jerusalem! Oh, Jerusalem! Free of oppression, heartache and sin
God's city filled with saints, angels, and my loving next of kin*

REFLECTIONS ON PSALM 129



Psalm 9: 9

The Lord is a refuge for the oppressed, a stronghold in times of trouble.

Psalm 62: 8

Trust in him at all times, O people; pour out your hearts to him, for God is your refuge.