31 ¹⁻² 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!

Your granite cave a hiding place, your high cliff aerie a place of safety.

³⁻⁵ You're my cave to hide in, my cliff to climb.

Be my safe leader, be my true mountain guide.

Free me from hidden traps;
I want to hide in you.

I've put my life in your hands.
You won't drop me,
you'll never let me down.

14-18 Desperate, I throw myself on you: you are my God!

Hour by hour I place my days in your hand, safe from the hands out to get me.

Warm me, your servant, with a smile; save me because you love me.

Don't embarrass me by not showing up; I've given you plenty of notice. Embarrass the wicked, stand them up,
leave them stupidly shaking their heads
as they drift down to hell.

Gag those loudmouthed liars
who heckle me, your follower,
with jeers and catcalls.