

Reflection on Psalm 69

Overwhelming suffering,
crushing sorrow,
deep distress,
shame,
humiliation,
weeping,
deprivation,
injustice,
false accusations,
misunderstanding,
searing pain,
rejection,
utter loneliness –

all these are elements of our
human experience in
this fallen world.
As the ultimate human being,
Jesus experienced
all of these to
the ultimate degree.

As we deny ourselves,
take up our crosses, and
follow Him,
we share in His sufferings,
for we live His life of
self-giving love
in this wicked and hateful world.

But as we share in His sufferings,
we share in His glory.
As we share in His surrender,
we share in His victory.
As we share His faith in the Father
we breathe His
constant,
comforting
all-powerful presence.

As we share in His self-sacrifice,
We share in Him.

*Whatever things were gain to me,
these things I have counted as loss because of Christ.
More than that, I count all things to be loss in view of
the surpassing value of
knowing Christ Jesus my Lord,
for whom I have suffered the loss of all things, and
count them mere rubbish,
so that I may gain Christ, and
may be found in Him,
not having a righteousness of my own derived from the Law,
but that which is through faith in Christ,
the righteousness which comes from God
on the basis of faith,
that I may know Him and
the power of His resurrection and
the fellowship of His sufferings,
being conformed to His death;
if somehow I may attain to the resurrection from the dead.
(Philippians 3:7-11, NASB)*

Hymn: Psalm 69

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