

Psalms 40

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Psalms 40

I wait, I wait, I for Jesus

Psalm 40

After his sin, David, like the rest of the world, tried to cover up his sin in human ways. But when Jehovah pointed out David's sin through the mouth of the prophet Nathan, David turned around and fasted and prayed in the temple for his seriously ill son, hoping that God would take away his judgment. Although God did not listen to David's prayers, David went to the temple to worship and praise God and turn to God. So God heard David's prayer and pulled him out of his sin. It is inevitable that we will be like David in our lives, overcome by sin and do things that are not pleasing to God. But if we come boldly before God and confess our sins, the Lord is faithful and will forgive us all our transgressions (1 John 1:9).

David's dilemma. David's purpose in writing poetry was to cry out for God's salvation through poetry, but when he began to pray, he did not directly pray for his plight. The first thing the psalmist does is to express his trust in God by reminiscing about the past and glorifying God's wonderful works. The psalmist begins by looking back at God's salvation. When he was faced with a difficult situation, he did not complain or be impetuous, but what he did was to "wait patiently on Jehovah," and then the psalmist vividly described God's timely deliverance to him:

The author, David, waited patiently on the Lord when he was facing difficulties, and he not only waited on God, but he also held fast to God's Word with his actions, and many times when we are in trouble, we ask God why we go through these difficulties and feel that God does not listen to our prayers. But we see that David, when he faced difficulties, still believed in God's Word as his way out and help. Sometimes God allows His people to experience failure in order for us to experience God in the midst of failure and trouble. God is a God who hears prayer, so David was able to raise a voice of praise after experiencing God, 'He has made my mouth sing a new song, which is to praise the word of our God.'

In verses 3–5, David praises the wonders of Jehovah and testifies to the people. When we come to God before the Lord, God will enlighten us, open our spiritual eyes and ears, and make us see truths that we did not understand before. When David says, "Many see and fear," he means that when people see how God saves sinners with His power, they are filled with reverence, and we know that God is most pleased to see sinners repent, v.4 David says, "When a believer falls, the wicked always do two things: 1. Mock him and the God in whom he believes; 2. Tempting the fallen to do evil with the wicked. When we sin, we often have a lot of mixed thoughts, such as whether God will stop loving me, how I will face my family, how I will face my brothers and sisters in the church, whether I will serve God in the future, and so on. But David tells us that God has more to say to us than that, and that He has a bigger, better plan for us, because His thoughts are not our thoughts, and His ways are not our ways. All we have to do is wait quietly for God's Word.

(vv.6-10) David clearly knew that sacrifices were not God's most important thing, but that "obedience" was the most important thing, and David said that these actions were meaningless if they were not motivated by the right motives, and that God did not want sacrifices and gifts that were not faithful to God, but that what we should offer to God was obedience and commitment that pleased God. Although David faced many difficulties, he not only chose to obey God's Word as his dependence, but David also continued to preach God's faithfulness, love, and salvation. Many times we find it difficult to talk about God's grace in the midst of difficulties, but only when we talk more about God's grace can we better rely on God, so that our eyes are no longer focused on our own problems, but on God's body.

In verses 11–13, David's "heart trembles" because of his sins, so he always grasps God's "love and truth." We know that the devil's enemies are like roaring lions that walk around looking for whom to devour (1 Peter 5:8). Therefore, each of us must always be vigilant and pray, so that we will not be deceived by the devil and fall. God's loving and faithful presence and protection are needed (Psalm 40:11). The poet is in a desperate situation, he is surrounded by enemies; He also described his situation as "poor and poor." But because the psalmist had experienced God's salvation, he was convinced that God would come to his rescue again. The psalmist writes, "Let all who seek you rejoice and be glad in you." May those who love your salvation always say, "Exalt Jehovah greatly!" (Psalm 40:16).

David said that those who seek God will "rejoice and rejoice," and that "those who love your salvation always say, magnify Jehovah." David was a man who always sought God, and he praised God in the tabernacle seven times a day, and he hired a band to praise God day and night. Therefore, the joy that comes from God is not the wealth, status, and power of the world. Therefore, if we feel that we have lost joy and hope in our lives, we should return to the presence of the Lord and receive the joy from heaven.

Let's pray:

Thank you, dear Heavenly Father, for sending such a valuable message to us through your servant David. When we were weak and stumbled, you answered our cry and lifted us through the mire of sin to stand again on the rock, Jesus Christ. By the blood of your Son we have been cleansed from all sin and transgression, and through the Lord Jesus we will triumph in our enemies. We are determined to give ourselves to you, to live a holy life, leaving no room for sin and transgression. Guard our hearts and minds every day, yearn for you more every day, honor you greatly, seek joy from you, and run the way of heaven together.

Thank you in the name of the Lord Jesus Christ, amen.

Psalm 40

God Sustains His Servant.

To the Chief Musician. A Psalm of David.

40 I waited patiently *and* expectantly for the Lord;
And He inclined to me and heard my cry.

2

He brought me up out of a horrible pit [of tumult and of destruction], out of the miry clay,
And He set my feet upon a rock, steadying my footsteps *and* establishing my path.

3

He put a new song in my mouth, a song of praise to our God;
Many will see and fear [with great reverence]
And will trust confidently in the Lord.

4

Blessed [fortunate, prosperous, and favored by God] is the man who makes the Lord his trust,
And does not regard the proud nor those who lapse into lies.

5

Many, O Lord my God, are the wonderful works which You have done,
And Your thoughts toward us;
There is none to compare with You.
If I would declare and speak of *your wonders*,
They would be too many to count.

6

Sacrifice and meal offering You do not desire, *nor* do You delight in them;
You have opened my ears *and* given me the capacity to hear [and obey Your word];
Burnt offerings and sin offerings You do not require.

7

Then I said, "Behold, I come [to the throne];
In the scroll of the book it is written of me.

8

"I delight to do Your will, O my God;
Your law is within my heart."

9

I have proclaimed good news of righteousness [and the joy that comes from obedience to You] in the
great assembly;
Behold, I will not restrain my lips [from proclaiming Your righteousness],
As You know, O Lord.

10

I have not concealed Your righteousness within my heart;
I have proclaimed Your faithfulness and Your salvation.
I have not concealed Your lovingkindness and Your truth from the great assembly.

11

Do not withhold Your compassion *and* tender mercy from me, O Lord;
Your lovingkindness and Your truth will continually preserve me.

12

For innumerable evils have encompassed me;
My sins have overtaken me, so that I am not able to see.
They are more numerous than the hairs of my head,
And my heart has failed me.

13

Be pleased, O Lord, to save me;
O Lord, make haste to help me.

14

Let those be ashamed and humiliated together
Who seek my life to destroy it;
Let those be turned back [in defeat] and dishonored
Who delight in my hurt.

15

Let those be appalled *and* desolate because of their shame
Who say to me, "Aha, aha [rejoicing in my misfortune]!"

16

Let all who seek You rejoice and be glad in You;
Let those who love Your salvation say continually,
"The Lord be magnified!"

17

Even though I am afflicted and needy,
Still the Lord takes thought *and* is mindful of me.
You are my help and my rescuer.
O my God, do not delay.

Psalm 40 is a deeply spiritual and personal expression of gratitude, trust, and petition, combining elements of thanksgiving, lament, and prophecy. It can be broken into three key sections that reflect the psalmist's experiences and responses to God's work in his life.

1. Thanksgiving for Deliverance (Psalm 40:1-3)

The psalm opens with the psalmist recounting his experience of waiting on God in a time of distress. He describes God's miraculous intervention in his life, pulling him out of a "miry bog" and setting his feet on solid ground.

- **Psalm 40:1-3 (NIV):**

"I waited patiently for the Lord; he turned to me and heard my cry. He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him."

Explanation:

This section speaks to the theme of God's deliverance from despair. The psalmist waited patiently for God, expressing both the emotional struggle of waiting and the eventual joy of God's timely intervention.

The “new song” symbolizes the psalmist’s renewed sense of purpose and joy. The testimony of God’s deliverance is also a means to lead others to trust in God.

Spiritual Influence:

This portion emphasizes the importance of patience in waiting for God’s timing and deliverance. It teaches believers that in times of distress, God is faithful to hear our cries and will respond. It encourages Christians to remember God’s past faithfulness and share their testimony as a means of encouraging others to trust in God.

2. Trust in God and the Contrast with Sacrifices (Psalm 40:4-10)

The psalmist moves from thanksgiving to focusing on God’s desires, which are far more important than mere ritual sacrifices. He emphasizes that God desires a willing, obedient heart, more than any external acts of religion.

- **Psalm 40:6-8 (NIV):**

"Sacrifice and offering you did not desire— but my ears you have opened— burnt offerings and sin offerings you did not require. Then I said, ‘Here I am, I have come— it is written about me in the scroll. I desire to do your will, my God; your law is within my heart.’"

Explanation:

The psalmist contrasts the external acts of religion (like burnt offerings and sacrifices) with the internal disposition of the heart that God truly desires. The key is a heart that longs to obey God's will. The mention of "my ears you have opened" refers to a willingness to listen and obey God’s commands. Verse 8 is prophetic of Jesus' words in the New Testament, where He emphasizes the importance of doing God's will from the heart rather than relying on mere outward ritual.

Spiritual Influence:

This part of the psalm encourages believers to look beyond outward religious actions and focus on having a heart that truly desires to obey and serve God. It teaches that God values genuine obedience, not mere ritual or sacrifice. This theme is expanded in the New Testament, where Jesus affirms that true worship comes from a heart of love and obedience.

3. Prayer for Help and Appeal to God’s Mercy (Psalm 40:11-17)

The psalmist transitions into a prayer for God’s help in times of trial, calling on God's mercy and seeking deliverance from his enemies. Despite the current challenges, he continues to trust in God’s mercy and ultimate rescue.

- **Psalm 40:11-13 (NIV):**

"Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me. For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me. Be pleased to save me, Lord; come quickly, Lord, to help me."

Explanation:

Here, the psalmist confesses that his troubles and sins are overwhelming. He asks God to extend mercy, acknowledging that his situation is dire. The appeal to God’s "love and faithfulness" shows that the psalmist is grounded in the belief that God is steadfast and dependable in His mercy.

Spiritual Influence:

This section highlights the importance of acknowledging our own sinfulness and need for God's mercy. It teaches believers to turn to God in moments of desperation and seek His grace. Even when facing overwhelming circumstances, God's love and faithfulness remain constant.

Important Verses in Psalm 40

1. Psalm 40:1-3 (The New Song of Thanksgiving)

- "I waited patiently for the Lord; he turned to me and heard my cry..."
- This verse speaks to the power of waiting on God, and the joy that comes when He delivers.

2. Psalm 40:6-8 (God Desires Obedience, Not Sacrifices)

- "Sacrifice and offering you did not desire...I desire to do your will, my God..."
- This passage emphasizes the importance of having a heart that desires to follow God's will above ritual observances.

3. Psalm 40:11-13 (Prayer for Mercy)

- "Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me."
- This verse highlights the theme of God's mercy, calling for divine intervention and protection during times of trial.

4. Psalm 40:17 (Hope in God's Salvation)

- "But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, do not delay."
- A closing cry of trust and dependence on God for help, especially in the face of personal hardship.

Spiritual Influence of Psalm 40

1. Patience and Trust in God's Timing

- The opening verses highlight the power of waiting for God's deliverance. Patience in the face of suffering is a core Christian virtue. This psalm teaches believers to trust in God's perfect timing, knowing that He will answer in His way and at the right moment.

2. Obedience Over Rituals

- God values the heart's obedience more than external rituals. Psalm 40 underscores the importance of a heart that seeks to do God's will, which is foundational in Christian teaching. It echoes the New Testament teachings of Jesus, who emphasized that God desires mercy, not sacrifice (Matthew 9:13).

3. Acknowledging God's Mercy

- The psalmist's plea for God's mercy in times of trouble demonstrates the importance of acknowledging our dependence on God's grace. It encourages believers to continually seek God's mercy, knowing that we are unable to save ourselves.

4. Testimony and Witness

- Psalm 40 invites believers to testify to God's goodness. The psalmist's declaration that many will "see and fear the Lord" because of his testimony (verse 3) encourages believers to share the story of God's faithfulness in their lives. By doing so, they can help others come to faith and trust in God.

5. Hope Amid Trials

- Even in the midst of overwhelming circumstances, the psalmist expresses hope and trust in God's ability to rescue. This reminds believers that no matter how dire the situation may seem, God is ultimately in control and His deliverance is assured.

Conclusion

Psalm 40 is a rich and multifaceted psalm that speaks of God's faithfulness, the importance of obedience, and the power of testimony. It offers a profound spiritual influence by teaching believers to trust in God during difficult times, to focus on internal obedience over external rituals, and to rely on God's mercy. It calls Christians to live with the awareness that God is both their deliverer and their strength, encouraging them to share the hope they have in Him with others.