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A Song of Great Deliverance; Psalm 40
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Introduction – Ecclesiastes 3:1 says, “For everything there is a season, and a time for every matter under heaven.” The writer continues then in poetic fashion to outline 14 various categories in which according to the season or situation of life, we respond in opposite ways.

For example, v7 says there is a “time to keep silence, and a time to speak.” We could say that bit of wisdom is the lesson of the first half of Psalm 39. V4 says there is a “time to mourn, and a time to dance.” We might say then that bit of wisdom is expressed to us in Psalm 40. There is a time to wait, and a time to rejoice. There is a time to pray, and a time to sing. We have walked with David through Psalms 38-39 while he is mourning, while he is praying, and while he is waiting. Now we find in Psalm 40 that a new season has dawned for David. His praying has turned into rejoicing, his waiting into singing.

There is much here to strengthen our faith as we understand the twists and turns of life are seasons. They come and they go. The winds of change blow and in due time those winds change their course of direction. God does not leave us dwindling and shriveling in the low seasons of life, but rather He carries us through them. He takes us to greener pastures. He restores our souls. He has His good purposes for all seasons of life, but let us hold fast to Him in whatever season we find ourselves in today, for it is but a season.

David declares that God has put a new song in his mouth. It is like the others songs that David sings because it too is a song of praise to our God. Yet at the same time, this one is new, this one is fresh. It’s new in the sense that the trial of Psalm 38-39 was different, therefore the deliverance was new. God is not just to be praised for past deliverance, but He is worthy of praise for daily deliverance. New territory yields new songs. It’s the difference between knowing that God is able to lift us up from our pit of despair and being lifted up out of our pit of despair. It’s the difference in recognizing that Jesus is the Savior and being saved by Jesus. Psalm 40 is a song of great deliverance.

- I. A Great Deliverance and a Great Deliverer (vv1-5)
 - a. It is a great deliverance because it was worth the wait. The faith of Psalm 38:15 that declared “But for you, O lord, do I wait; it is you,

O Lord my God, who will answer,” that faith, clinging and persevering through the trial, waiting on the Lord, it is that faith that now claims the promise of Psalm 40:1 “I waited patiently for the Lord; he inclined to me and heard my cry.” A tried faith will soon be a rejoicing faith.

- b. It is a great deliverance because it is a complete deliverance. “He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.” He did it. God wrought fully and completely the rescue that David needed. He did not merely pull him out of the pit, He also set his feet upon a rock. God moved him from sinking to standing.
- c. It is a great deliverance because it is beyond complete. “He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.” God not only elevated his position, he elevated his praise. He not only lifted his feet, He lifted his heart. He’s not just secure in the Lord; he’s happy in the Lord and in His faithful, merciful deliverance. David could well join the lines of the hymn “I sing because I’m happy. I sing because I’m free. His eye is on the sparrow, and I know He watches me.”
- d. It is a great deliverance because God is a great Deliverer. Vv4-5. A great deliverance enlarges our view of our Deliverer. No one could deliver David in the way he needed deliverance but God, and wonder of all wonders is that God did deliver David, who was a self-confessed sinner. How much greater our view of God when He works such great deliverance for such great sinners!

II. Insights Into the Purposes for Great Trials (vv6-10)

- a. Sometimes great deliverance enables us to look in the rearview by faith and see the hand of God in our passing trial. This is what we see happening in David’s life. From the highview of the mountaintop he can see the path of the valley below. God was at work in this trial to do something “in” David and to do something “with” David, an internal and external work of grace that required the waiting and longing and praying of the trial.
- b. Vv6-8 – God pressed upon David so that David was stripped of all his good deeds. There was nothing left for David to do that he had not already done. God was teaching David that He wasn’t after what David could do for Him; He was after David. He wasn’t impressed with his ceremonial offering void of his utmost

affection. Worship is not a matter of formality or ritual but rather a matter of the heart.

- i. God used this trial to get David's attention – "you have given me an open ear", v6b
 - ii. Now that God had David's attention, He teaches him an invaluable lesson on worship, or what is termed in our text "delighting." You see, worship is simply what you delight in.
 - iii. Simply going through the motions of worship is not worship. V6. It doesn't matter what we call it, if God does not delight in it, it's not worship!
 - iv. No my friends, what God delights in is when we delight in God – that's worship. V8. It's not foremost about what I'm doing; it's foremost about what or who I'm loving!
- c. The second insight for David is finding out what God desires to do with David. Now that God has delivered David and given him a new song, He means for David to share it. God is going to use David now as a great means of encouragement and witness and faith to others around him.
- i. One of the reasons God puts us in fellowship together is because your testimony of a great deliverance by the Great Deliverer sustains me in my trial to not misplace my hope, but keep my faith anchored in my Lord!
 - ii. Ill. I've been in ministry long enough now to know some of the highs and some of the lows. There have been days and weeks during those low seasons that I just wanted to walk away. Not from God, but from vocational ministry. I've had days that I didn't care if I ever preached again. You know one of the means God used in those times to sustain me in the ministry and keep me preaching when I didn't want to preach – the testimonies of other pastors. They had the same feelings. They wanted to leave too. And somehow our Great Deliverer brought about great deliverance. And that testimony gave me the strength to keep clinging, keep waiting, keep praying.
- d. Often God uses trials in our lives to heighten our affection for Him and to become a source of strength to one another.

III. The Faithfulness of Our Great Deliverer (vv11-15)

- a. David confesses that there is much evil around him and in him. His only recourse is the unrestrained mercy and unyielding faithfulness of the Lord!
- b. There is nothing within David that is sufficient to rescue him – his iniquities are more than the hairs of his head. There is nothing without David sufficient to rescue him – for his enemies are out to end him. There is only one means where sin, both external and internal will be swept away – it is our Great Deliverer! V11
- c. What a great reassuring, comforting, and certain truth that David has found! NO matter what ails him from without and no matter what sin ails him from within, the remedy for both is found in the same place – the faithful mercy of our Lord!
- d. Why does David know this to be absolutely true? He has just experienced it firsthand! Remember the repentance of Psalm 38 and the waiting of Psalm 39 was followed by the answer of Psalm 40. What was David’s new song? V11.

IV. Great Deliverance Yields Great Praise (vv16-17)

- a. First it yields congregational praise – v16. “When we’ve been there 10,000 years, bright shining as the sun, we’ve no less days to sing God’s praise than when we first begun!” That is the congregation of the saints who love His salvation singing age upon age, “Great is the Lord!”
- b. Second, it also yields individual praise – v17. Wherever you are in life this evening, as a child of God, the Lord takes thought for you! “Amazing grace, how sweet the sound, that saved a wretch like me. I once was lost, but now am found, was blind but now I see.” Individual praise. The Lord takes thought for me. He is my help and my deliverer.

Conclusion – This psalm also has a messianic component to it. Hebrews 10:5-7 tells us that when Christ came he said vv6-7. The forgiveness and the mercy of God does not come through the sacrifices of animals, they merely point to the need of a sacrifice to pay for sin. The faithful, unrestrained mercy of God comes to His children again and again and again because Jesus came, and He, through the giving of His life, defeats our enemy and rescues us from our sin! That’s why we can be so certain, as David was certain, that the Lord will not restrain His mercy from us. “He breaks the power of canceled sin, He sets the prisoner free; His blood can make the foulest clean, His blood availed for me.”