

Psalm 40

“Confidence in Christ”

Some Reformed commentators give the first meaning to the Psalms as referring to Christ. Gill is an example of this.

This is the way to understand the whole of Scripture esp. the Psalms.

So:

Historically: It is David’s Psalm.

Prophetically: It reveals Christ

Consequently: It applies to all in Christ

“The two preceding Psalms show how he prayed and waited; this shows how he succeeded.” {Clarke}

Psa 40:1 I waited patiently for the LORD; and he inclined unto me, and heard my cry.

{Barnes}

I waited patiently for the Lord - Margin, as in Hebrew, “In waiting I waited.” That is, “I continued to wait.” It was not a single, momentary act of expectation or hope; it was continuous; or, was persevered in. The idea is, that his prayer was not

*answered at once, but that it was answered after he had made repeated prayers, or when it seemed as if his prayers would not be answered. **It is earnest, persevering prayer that is referred to; it is continued supplication and hope when there seemed to be no answer to prayer, and no prospect that it would be answered.***

Q. Have you ever really endured in prayer over something?

This Psalm is an inspiration to enduring prayer.

Note:

There was only one time in the life of Christ when the Father did not Hear him.

And that was while he bore the sins of his people.

So:

Verse 1 is:

God Hears enduring prayer.

Verse 2:

God Delivers those who seek him.

Psa 40:2 He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.

Note:

Christ went into the depths of the pit for us.

But:

His Soul was not left in that place!

App:

When we go through the pit, remember Christ was there in its most awful expression.

Note:

Only God can deliver from this state.

“He brought me up”

Consider:

How foolish it is to look to any other for deliverance.

Note:

also in verse 3, the emphasis is on God as the deliverer

Psa 40:3 And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

Q. What is the new song here?

Clearly, the Psalm.

Note:

The distinction in this verse.

Very important!

“And he hath put a new song in my mouth”

David says:

“MY” Mouth

He does not say:

Our mouth.

David was the sweet Psalmist of Israel.

Am I?

Are you?

No!

It is not our work to bring new Songs to Church.

Q. So how does this verse apply to us now?

“many shall see it, and fear, and shall trust in the LORD.”

Psa 40:4 Blessed is that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies.

Blessed is that man

eh'-sher Happy!

Q. Do you want to be happy today?

Here is the secret of happiness.

Psa 146:3 Put not your trust in princes, nor in the son of man, in whom there is no help.

Psa 146:4 His breath goeth forth, he returneth to his earth; in that very day his thoughts perish.

Psa 146:5 Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:

Psa 40:5 Many, O LORD my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered.

Note:

This verse shows us what biblical Meditation is.

True meditation is not an emptying of the mind but a filling of it with the mercies of God.

Isa 26:3 *Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.*

Isa 26:4 *Trust ye in the LORD for ever: for in the LORD JEHOVAH is everlasting strength:*

Psa 40:6 *Sacrifice and offering thou didst not desire; mine ears hast thou opened: burnt offering and sin offering hast thou not required.*

Note:

The law required but God did not desire.

This is what is wrong with so much of Religion.

It tries to give to God what he does not want.

In verses 7-10

We see what and who it is that pleases God.

Psa 40:7 Then said I, Lo, I come: in the volume of the book it is written of me,

Psa 40:8 I delight to do thy will, O my God: yea, thy law is within my heart.

Psa 40:9 I have preached righteousness in the great congregation: lo, I have not refrained my lips, O LORD, thou knowest.

Psa 40:10 I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation.

After the baptism of our Lord in Mark's gospel we read:

Mar 1:11 And there came a voice from heaven, saying, Thou art my beloved Son, in whom I am well pleased.

Q. Why, according to our text, does Christ please God?

1. ***Psa 40:8 I delight to do thy will, O my God: yea, thy law is within my heart.***

2. ***Psa 40:9 I have preached righteousness in the great congregation: lo, I have not refrained my lips, O LORD, thou knowest.***

3. ***Psa 40:10 I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy***

lovingkindness and thy truth from the great congregation.

Note:

8 times the personal pro-noun “I” is used in verses 7-10.

Christ does, personally, what the law cannot do.

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What goes before, becomes the basis for the following.

Psa 40:11 Withhold not thou thy tender mercies from me, O LORD: let thy lovingkindness and thy truth continually preserve me.

Psa 40:12 For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.

Psa 40:13 Be pleased, O LORD, to deliver me: O LORD, make haste to help me.

Note: in verse 11

Because there is a realization of the availability of God’s mercy, there is a desire for their application to his Soul.

Consider:

It is not enough to know that God is a merciful God.

I must experience that mercy for myself.

Note: in verse 12

The argument made why God should help.

Psa 40:12 For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.

Only God can help such a one as this.

Then:

In verse 13

The cry is raised:

Psa 40:13 Be pleased, O LORD, to deliver me: O LORD, make haste to help me.

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In verses 14-15

We have a prayer for recompense on those who are the sworn enemies of the psalmist.

Psa 40:14 Let them be ashamed and confounded together that seek after my soul to destroy it; let

them be driven backward and put to shame that wish me evil.

Psa 40:15 Let them be desolate for a reward of their shame that say unto me, Aha, aha.

Q. How are we to apply this?

Firstly, remember the first ref. is to David and Christ.

So it is their enemies that are referred to.

Enemies of the cross should be considered our enemies.

Q. How should we treat our enemies according to Paul in Romans?

Rom 12:19 Dearly beloved, avenge not yourselves, but rather give place unto wrath: for it is written, Vengeance is mine; I will repay, saith the Lord.

Rom 12:20 Therefore if thine enemy hunger, feed him; if he thirst, give him drink: for in so doing thou shalt heap coals of fire on his head.

Rom 12:21 Be not overcome of evil, but overcome evil with good.

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Q. What should we pray for believers?

Psa 40:16 Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The LORD be magnified.

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Q. In all these things what is to be our minds attitude in relation to ourselves?

Psa 40:17 But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer; make no tarrying, O my God.

Note:

It is vital in all our dealings with God, the world and the Church that we remain small in our own eyes!

How subtle is the Devil when he turns our prayers in into pride and arrogance.

May God protect us from such sin.