

Psalm 40 is a Psalm of David in which David commits himself to doing the will of God because God had delivered him. It is a Psalm written for the choir director, which means this was to be publicly communicated to the people of God.

Now David believed that sooner or later you may always count on God to come to the rescue of His people. David had experienced some major victory God had granted him (40:1-3) and because of this he anticipated that God would again deliver him (40:13-14).

If we could sum up what David communicates in this Psalm, it seems to be this:

THE FACT THAT WE HAVE EXPERIENCED VICTORIES IN THE PRESENT SHOULD GIVE US THE TRUST AND CONFIDENCE THAT WE WILL EXPERIENCE VICTORIES IN THE FUTURE.

If we analyze the last three Psalms we may observe that **Psalm 38** presents a deserved depression because of sin; **Psalm 39** presents a desired delight in spite of sin; and **Psalm 40** presents dramatic deliverance from that which is sinful.

We may dissect this Psalm into three main parts:

PART #1 – David discusses what God did for him. **40:1-3**

God had dramatically delivered David and blessed David and there are at least five wonderful blessings David mentions in these verses:

Blessing #1 - God delivered David after David had patiently waited. **40:1a**

The Hebrew indicates David waited and waited. God's deliverance is rarely immediate because one of the purposes of the trials and troubles is to teach His people to patiently endure and trust in Him. God moves after His people have learned patient waiting. Don't take action too quick; we must learn to wait on God.

Blessing #2 - God delivered David after David emotionally prayed. **40:1b**

One thing we see over and over again in Psalms is that David went directly to God and cried out to Him. If we want to see God's great delivering power, we must do the same thing.

Blessing #3 - God delivered David from terrible and helpless circumstances. **40:2a**

"Miry Clay" is clay that is slimy, slippery and swampy. It is dirty, dingy and dangerous. David was slipping and sliding and he could not do one thing himself to get out of his condition except to cry to God and when he did, God rescued him. Remember there is no situation or circumstance that is helpless or hopeless when it comes to God. No matter what state we are in, we may always turn to God even when we feel helpless.

Blessing #4 - God delivered David to a state that was stable. **40:2b**

God took David from his insecure life that was slipping in miry clay and planted his feet on firm ground. No more slipping and sliding. God delivered David.

Blessing #5 - God delivered David to a song that was joyful. **40:3**

We may recall in the previous Psalm, David wanted to smile again (39:13); well, not only was he smiling, he was singing. God put a new song of praise in the mouth of David. **It was a song of praise to God, not a song about man.** David no longer had to pray about all of the negatives, but he could now praise God for all of the positives. David would sing about all God had done and others would see, fear and trust in the LORD.

When God comes to rescue His people who have patiently waited on Him, it is a sweet moment. It does put a new song in your mouth and words spreads about all God did. Many see it and put their trust in God.

PART #2 – David discusses what man must do to be blessed of God. **40:4-10**

In these verses we get a very practical and personal look at what one must do in order to see God work in such dramatic fashion. There are six specific actions:

Action #1 - One must be willing to trust the LORD. **40:4a**

Without faith it is impossible to please God or move God. God wants us trusting Him and believing in Him that He is able to help us and assist us.

Action #2 - One must be willing to turn away from those who are proud. **40:4b**

We must never run with the proud and arrogant who trust in themselves and mock God. We will never see God do anything if that is the kind of people with whom we run. We need to be humble, dependent people.

Action #3 - One must be willing to turn away from any falsehood. **40:4c**

God will not ever bless a liar. God will not help those who are living a false life. In order to move God, there must be honesty and integrity. No one will get anywhere with God who lies. God demands truth about sin, truth about problems, truth about struggles. This is the key to a relationship with God.

Dr. Thomas Constable said, “The person who does not rely on the self-sufficient or liars but puts his complete trust in the Lord experiences great blessings.”

Action #4 - One must have a high and holy concept of God. **40:5**

One who may expect to see God do dramatic things is one who will elevate God. One of the things that will amaze one right with God is the fact that God would have anything to do with any human. We need to stand in awe of who God is and what He is capable of doing. We should marvel at all the works of God.

God does not move to the prayers of people who bring Him down to their level. He moves to those who offer prayers up to Him at His level. In spite of all of the problems which David faced, one thing was for sure—David stood in total awe of the greatness of God.

Action #5 - One must be willing to obey the Word of God. **40:6-8**

We know for fact that these verses may be specifically applied to Jesus Christ because the writer of Hebrews teaches that (Heb. 10:5-9). Jesus Christ perfectly obeyed the Word of God and then sacrificed Himself.

One who is not willing to obey the Word of God is one who will never see God do great and mighty things in his or her life. God is not impressed with religious sacrifices or ritualistic worship. All of the false religions preach sacrifice and morality and it is all useless.

Now the things named in **verse 6** are religiously impressive things. But to God, the animal sacrifices, the offerings and the worship was meaningless if they were not offered with a commitment of one's self. It is one thing to offer things and give things, it is quite another to give self to God. God wants people who love Him and His Word and obey it. Those are the people who are after His heart.

Action #6 - One must be willing to witness for God. **40:9-10**

Notice that even when David was going through difficulties, he still continued to speak out and speak up for God. He testified of the goodness of God and the grace of God. David testified of God's righteousness, faithfulness and salvation. When opportunities presented themselves, he continued to speak up for God. He told people that when they are low they can turn to God and He will deliver them. He became a verbal ambassador for the Lord.

God moves for those who speak up for Him. God wants us witnessing and defending Him. Whether on the job or in the classroom, God is looking for those who speak up for Him. God wants us speaking of His salvation.

PART #3 – David discusses what God will do for one who seeks Him. **40:11-17**

There are five specific benefits that David brings out concerning those who seek Him:

Benefit #1 - God will not withhold His compassion even though he is sinful. **40:11a, 12**

David had failed and sinned against God, but when he turned to God, He was compassionate.

Benefit #2 - God will grant continual instruction and preservation even though he is sinful. **40:11b-12**

This is a pure grace benefit. Even though we have committed more sins in our lives than the number of hairs on our head and even though our own heart has failed us, when we turn to the Lord, He grants us His mercy, His truth and His preservation. Our sins are too numerous for us to calculate, but one who seeks God will discover God will do wonderful things with him and for him.

Benefit #3 - God will be pleased to grant speedy deliverance to help one who trusts Him. **40:13**

Benefit #4 - God will bring shame and humiliation to those who dishonor His people. **40:14**

David could not identify all of his enemies personally, but they hated him and God.

Benefit #5 - God will bring understanding and uniting to those who seek Him. **40:15-16**

When people turn to the Lord and see Him work, it is cause for rejoicing, encouragement and praise.

In **verse 17**, David asks the Lord to be mindful of him. He was afflicted and he needed God's help. He was looking to God for quick relief and his prayer was that God would deliver him sooner rather than later.

PARTING THOUGHTS:

- 1. Even in times of terrible trouble and tragedy, God will still provide blessings to those who love Him and trust Him.**
- 2. Complete deliverance from all trouble to ultimate blessings is never instant.**
- 3. God's deliverance comes in the worst possible times and troubles so we must always persevere and trust Him.**
- 4. Be very careful with whom you associate. Proud God-mockers and Bible rejecters can move you away from the blessings of God.**
- 5. When God gives deliverance, we should testify of it to others.**