

## **Psalm 40 (A Psalm of David)**

LORD, I believe You will rescue me, and in my mind I can see it as though it has already happened. Let me tell You what I see. I want to rehearse it for both You and generations to come.

### ***What I hope the LORD will do***

<sup>1</sup> I waited patiently for the LORD to come to my rescue, and thank goodness He did. I waited patiently as I cried out to him repeatedly in prayer asking Him to save me, and He not only heard my prayer with great interest, but He stretched out His own hand to help me. <sup>2</sup> You see, He reached down and lifted me out of a prison of terrible troubles, oppression, and persecution where I was stuck and couldn't get free. There I stumbled and almost fell to my destruction. Then He set my feet on a firm foundation where I would not slip, slide, or lose my footing. <sup>3</sup> Being free from oppression made me feel so good that I couldn't help but sing praises to the name of the LORD. Right then I had to sing a new song that was an expression of gratitude that emanated from the very depths of my heart. As a result of all that transpired in my life, others will see the way the LORD has delivered me. They will also see the joy it has produced in my life. Having seen it, they will fear the LORD and come to trust in Him like I do. <sup>4</sup> Now let me ask you a question. What kind of man experiences this kind of joy and happiness? It is the man who

- 1) trusts the LORD alone for blessing and security,
- 2) does not go to proud and arrogant people for companionship, counsel, or security, and
- 3) has not fallen away into apostasy or deception.

This is the genuinely happy man. In time, many others will see and understand this truth.

### ***He is so great***

<sup>5</sup> LORD, you have done so many wonderful things, and Your thoughts and intents toward Your people are so full of tender love and kindness that no other person or thing can compare favorably with You. If I were to shout to the whole world and declare all the great and wonderful things You have either done or have promised to do in the future there would be more of them than I could count in a lifetime.

### ***What He expects of me***

<sup>6</sup> LORD, You don't want men to sacrifice to You if their hearts are not right. I hear what You are telling me, and I now understand that You do not require them to perform mere religious duties. You require the sacrifice of a heart that is fully surrendered to You. <sup>7</sup> When I finally understood this truth I said,

“LORD, I am coming to You on Your terms, the way Your Word tells me that I should, and my name is written in the Lamb’s Book of Life. <sup>8</sup> As a result, I am thrilled to do Your will, the will of my LORD and my God. Your Word, the Bible, has become such an integral part of me that it is written on the tablet of my heart, as it were, and not merely in my mind.”

<sup>9</sup> I have testified to the whole body of believers about the good news that You are good, just, and right in all of Your dealings, and I also told them that You expect all of us to be good, just, and right like You. I didn’t hesitate to tell them either, because I am not ashamed or embarrassed to proclaim Your truth. LORD, You know this is true because You have seen it.

<sup>10</sup> Then too, I have not kept the truth of Your righteousness hidden in my heart but have faithfully spoken of Your goodness and Your tender love and kindness in the hearing of all of those who comprise the church.

### ***Why I believe that someday He will save me***

<sup>11</sup> O LORD, I know that You not only have a real sympathy for the troubles, hurts, and heartaches I am experiencing, but You also have a strong desire to come to my aid<sup>1</sup>. Therefore, I know that You will not withhold your compassion from me and that Your tender love and kindness will watch over and guard me perpetually. <sup>12</sup> Even though I believe these truths, I need to keep reminding myself that someday You really will come to my rescue. I am desperate for You to help me, because I have been completely surrounded by countless onslaughts of pain, distresses, and misery, and the results of my sins have finally caught up with me. I am experiencing more trials and difficulties than the number of hairs on my head. I don’t understand how it all came about, but the magnitude of the whole situation has overwhelmed me, and I can’t even think straight. <sup>13</sup> LORD, please make it Your top priority to rescue me, and please hurry.

<sup>14</sup> Saving me will be a real relief, but there will still be people out there who seek to destroy or kill me. Make them ashamed of their sins and totally humiliated over the deeds they have done. These are people who delight in hurting me. Stop them in their tracks, make them turn and run the other way, and then strip them of their honor. <sup>15</sup> These are people who say,

“You rascal, you’re guilty. We know it, and you’re getting what you deserve!”

Make them appalled at the shame they have brought upon themselves through their false accusations. <sup>16</sup> On the other hand, let everyone who genuinely seeks to know You experience the thrill of fellowshiping with You, and let everyone who genuinely seeks to love and trust You say, “Praise the LORD! Isn’t He great?”

### ***LORD, please make it soon***

<sup>17</sup> LORD, I really believe that you will indeed do all of this for me someday, but right now I am being severely mistreated. I need the kind of help that I cannot provide for myself. Please think seriously about coming to my aid. You are the only One who can help me, and You are the deliverer of my soul. I delight in You, so please don’t wait to help me. LORD, I am patiently waiting, but please, do it right away.

<sup>1</sup> Definition of “compassion” [www.dictionary.com/browse/compassion](http://www.dictionary.com/browse/compassion)