

HOPING IN GOD WHEN ALL WE FEEL IS DESPAIR  
Psalm 40

**David Declares God Has Delivered Me Before (40:1-3) COLOR CODE KEY**

1 I waited patiently for the Lord,  
and he turned to me and heard my cry for help.  
2 He brought me up from a desolate pit,  
out of the muddy clay,  
and set my feet on a rock,  
making my steps secure.  
3 He put a new song in my mouth,  
a hymn of praise to our God.  
Many will see and fear,  
and they will trust in the Lord.

David  
God  
Request  
Explanations/Synonyms  
Declarations about God

**David Declares that Trusting God Guarantees Blessedness Grounded in Experience (40:4-5)**

4 How happy is anyone  
who has put his trust in the Lord (positive)  
and has not turned to the proud (defiant)(negative)  
or to those who run after lies (idols)! (negative)  
5 Lord my God, you have done many things —  
your wondrous works and your plans for us;  
none can compare with you.  
If I were to report and speak of them,  
they are more than can be told.

**David Declares His Kingly Desire to Obey God from the Heart (40:6-8)**

6 You do not delight in sacrifice and offering;  
you open my ears to listen.  
You do not ask for a whole burnt offering or a sin offering.  
7 Then I said, "See, I have come;  
in the scroll it is written about me.  
8 I delight to do your will, my God,  
and your instruction is deep within me (within my heart)."

**David Recalls His Previous Proclamations of God's Perfect Power to his People (40:9-10)**

9 I proclaim righteousness in the great assembly;  
see, I do not keep my mouth closed —  
as you know, Lord.  
10 I did not hide your righteousness in my heart;  
I spoke about your faithfulness and salvation;  
I did not conceal your constant love and truth  
from the great assembly.

### **David Begs God to Provide His Perfect Power Again (40:11)**

11 Lord, you do not withhold your compassion from me.  
Your constant love and truth will always guard me.

### **David Declares His Kingly Failure to Obey God from the Heart (40:12)**

12 For troubles without number have surrounded me;  
my iniquities have overtaken me; I am unable to see.  
They are more than the hairs of my head,  
and my courage leaves me.

### **David Begs God to Display the Guaranteed Blessedness of His People by Saving Them Again (40:13-16)**

13 Lord, be pleased to rescue me;  
hurry to help me, Lord.

14 Let those who intend to take my life  
be disgraced and confounded.  
Let those who wish me harm  
be turned back and humiliated.

15 Let those who say to me, "Aha, aha!"  
be appalled because of their shame.

16 Let all who seek you rejoice and be glad in you;  
let those who love your salvation continually say,  
"The Lord is great!"

### **David Begs God to Save Him (40:17)**

17 I am oppressed (poor) and needy;  
may the Lord think of me.  
You are my helper and my deliverer;  
my God, do not delay.

### **What Can We Take Away from this Psalm of Request, Lament, and Repentance?**

- I. When We Despair, Remembering How God Has Rescued Us Before Gives Hope Us that He Will Save Us Again (40:1, 17)
- II. When We Despair, Knowing that Our Hope Rests in God's Faithfulness Gives Us the Perseverance to Endure through the Hardship (40:4-5, 13-16)
- III. When We Despair, Believing that King Jesus Died in Our Place Gives Us the Ultimate Rescue (to which all of the previous ones pointed and from which all of our present and future ones derive) (40:6-8, 12)

### **Hebrews 10:1-14**

Since the law has only a shadow of the good things to come, and not the reality itself of those things, it can never perfect the worshipers by the same sacrifices they continually offer year after year. 2 Otherwise, wouldn't they have stopped being offered, since the worshipers, purified once and for all, would no longer have any consciousness of sins? 3 But in the sacrifices there is a reminder of sins year after year. 4 For it is impossible for the blood of bulls and goats to take away sins.

5 Therefore, as he was coming into the world, he said:  
You did not desire sacrifice and offering,  
but you prepared a body for me.

6 You did not delight  
in whole burnt offerings and sin offerings.

7 Then I said, "See —  
it is written about me  
in the scroll —  
I have come to do your will, God."

8 After he says above, You did not desire or delight in sacrifices and offerings, whole burnt offerings and sin offerings (which are offered according to the law), 9 he then says, See, I have come to do your will. He takes away the first to establish the second. 10 By this will, we have been sanctified through the offering of the body of Jesus Christ once for all time.

11 Every priest stands day after day ministering and offering the same sacrifices time after time, which can never take away sins. 12 But this man, after offering one sacrifice for sins forever, sat down at the right hand of God. 13 He is now waiting until his enemies are made his footstool. 14 For by one offering he has perfected forever those who are sanctified.

#### IV. When We Despair, Desiring God's Perfect Reign Propels Us to Worship Him in Spirit and Truth (40:9-11)