

The Obedient King: Psalms 40 (Hebrews 10:5–10)

BIG IDEA: *Hard seasons of waiting teach us to listen to God and obey Him.*

WHAT IS TRUE: God lifts His people out of trouble, sets us on a firm path of obedience, and uses our lives to point others to Him. Jesus is the perfect example—He obeyed the Father completely and saves us through His death and resurrection. When God rescues sinners (and sets us on the right path), this rescue ultimately points to His Son, Jesus Christ, the perfectly obedient Savior who accomplished our salvation.

WHAT TO DO: Trust the Lord, do his will and what pleases Him, and keep proclaiming his greatness while you patiently wait for him to rescue you.

BACKGROUND / CONTEXT: Psalms 40 was written by King David and reflects a blend of thanksgiving, lament, and prophetic anticipation—the background of the psalm points to a moment after a season of deep personal distress. David may have been reflecting on the years when Saul hunted him, when enemies threatened his life, or when he himself was ensnared in the consequences of his own sin. He confesses, “*my iniquities have overtaken me*” (v. 12). Whatever the circumstance, David had clearly experienced a rescue by God that was so dramatic that he could describe it as being lifted out of a “pit” and set upon solid ground once again. We’re not told exactly, but this could point to a rescue from military or political danger during his reign. This psalm unfolds in two major movements. In the first section (vv. 1–10), David looks back with gratitude, praising the Lord for hearing his cry and drawing him out of trouble. In the second section (vv. 11–17), the tone shifts—past mercies fuel a new plea for God’s help amid fresh troubles. Yet Psalms 40 does more than recount David’s experience. Under the inspiration of the Holy Spirit, David’s deliverance becomes a prophetic lens pointing forward to the ultimate Deliverer.

CHRIST CONNECTION: The New Testament makes this connection explicit: *Hebrews 10:5–10* states that Christ Himself speaks the words of Psalms 40:6–8. They are the words of Christ, spoken at His incarnation: “*I have come to do your will, O God*” (Hebrews 10:5–7, quoting Psalms 40:7–8). So, the ‘rescue’ that David experienced in part, Jesus fulfills in full—the perfectly obedient Servant who came to accomplish God’s will and secure salvation for His people. David’s experience of rescue becomes a prophetic pattern—a *typology*—pointing to the Greater Son of David, Jesus Christ. For example, **David** is lifted “*out of the pit*,” but **Christ** is raised from the grave. **David** delights in God’s will, but **Christ** perfectly fulfills God’s will. **David** proclaims God’s righteousness, but **Christ** is the very righteousness of God revealed. In Psalms 40, David isn’t talking about his “justification” before God. David is already a believer. The “rescue” (v. 13) David refers to is God stepping into his **present circumstances of trouble**—*fear, enemies, sin, grief, or danger*—and acting on his behalf. Believers are secure in God, yet we still need His help daily. David says things like: “*He brought me up from a desolate pit*” (v. 2), “*You do not withhold your compassion from me*” (v. 11), “*Lord, be pleased to rescue me*” (v. 13). These are **daily mercies**—what God does for His people throughout their lives. This is the biblical difference between salvation from sin and God’s ongoing rescue and care in the everyday troubles of life. David is not describing some mystical ‘deliverance ministry,’ but the normal, faithful way God sustains His people in their trials. So, Psalms 40 is not merely David’s testimony. It is **Christ’s mission** on the redemptive timeline. This Psalm reminds us that the Christian life is one of daily dependence—trusting God, obeying God, and waiting on God as He continues to protect, guide, strengthen, and deliver us until the final day.

1. From the Pit to Praise (vv. 1–3)

- A. David Waited – God Acted
- B. God Sets His Feet on the Rock
 - Direction replaces confusion; Secureness replaces fear
- C. A New Song for a New Deliverance/Rescue
 - Testimony leads to worship; Worship leads to witness
 - “Many will see and fear, and they will trust in the LORD” (v. 3)
- D. **NT Connection:** The Greater Deliverance — The Resurrection
 - David’s “pit” → Christ in the grave
 - God “bringing him up” → Christ’s resurrection (Acts 2:24–32)
 - “New song” → the song of the redeemed (Revelation 5:9–10)
- E. **Application:** *God often lets us reach the bottom so that we stop trusting ourselves. Deliverance is not private — tell your story so others trust God. Your pit may be the birthplace of someone else’s faith.*

2. From Sacrifice to Obedience (vv. 6–8)

- A. God Desires Obedience, Not Empty Ritual
- B. David’s Heart of Obedience (“Here I am... I desire to do Your will”); Obedience is not drudgery — it is joy (“Your instruction is deep within me”)
- C. **NT Connection:** Christ Is the True Obedient Servant; Hebrews 10:5–10 quotes Psalm 40:6–8 word for word and applies it to Jesus:
 - “A body You prepared for Me” — the incarnation (Heb 2:14; 5:7; 1 Pet 2:24)
 - “Behold, I have come to do Your will, O God” (vv. 7–8)
 - Jesus fulfills what sacrifices could not: Sin removed; Conscience cleansed; God’s will accomplished; People sanctified “once for all” (see v.11–12)
 - Jesus is: 1) The perfectly obedient Son (Philippians 2:8); 2) the true offering pleasing to God (Ephesians 5:2); 3) the once-for-all sacrifice (Hebrews 10:10)
- D. **Application:** *What God wants is not busyness but obedience. Do you desire God’s will — or only His blessings? Surrender is not weakness; it is worship.*

3. From Proclamation to Witness (vv. 9–10)

- A. David Proclaims God’s Righteousness; He hides nothing God has done
- B. **NT Connection:** Christ Proclaims God’s Name (similar to how Hebrews 2:12 quotes Psalm 22:22, 25 — Christ leads worship among His people. Note: Christ is the revelation of God’s righteousness in verse 9 (Romans 3:21–26).
- C. **Application:** *Your rescue/salvation is not meant to be quiet. Private rescue should lead to public praise. The world needs your testimony more than you know.*

4. From Trouble to Trust (vv. 11–17)

- A. David Faces New Dangers (vv. 11–12); Sin overwhelms him. Enemies surround him. His strength fails.
- B. David cries for mercy in prayer (vv. 13–15).
- C. God Lifts Up the Humble (vv. 16–17)
- D. **NT Connection:** David was overwhelmed by his own sins. Christ was overwhelmed by our sins (2 Cor. 5:21). David needed rescue for his guilt. Christ bore guilt so we could be rescued. Jesus is the One who: 1) Trusted perfectly, even unto death. 2) Was lifted from the grave. 3) Now rescues all who call on Him.
- E. **Application:** *You don’t outgrow dependence on God. Mature faith is not needing God less, but needing Him more consciously. Every believer should pray like David’s prayer (v.17): “You are my helper and my deliverer, my God, do not delay.”*