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The
Songs
40

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PSALMS - The SONGS

Forty

Wait Patiently on the LORD and Make Him Your Trust

READ AND OBSERVE

Read through **Psalm 40** and mark every reference to the LORD, or God, including all pronouns and synonyms, with a red triangle.

Read through **Psalm 40** and mark every reference to the psalmist, or the man who trusts the LORD, including all pronouns and synonyms, with a blue capital "R+".

Read through **Psalm 40** and mark every reference to the wicked, along with all pronouns and synonyms (i.e. foolish, etc.) with an orange capital "W".

Read through **Psalm 40** and mark every reference to sin, transgression, or iniquity, along with any pronouns and synonyms with an orange "do not" symbol.

Read through **Psalm 40** and mark every reference to time with a blue box.

Read through **Psalm 40** and mark every comparison with a pink equal sign.

Read through **Psalm 40** and mark every contrast with a pink diagonal line.

Read through **Psalm 40** and divide the passage into the following segments. Mark and title these segments in your text using brackets in the margin.

1. LORD'S response to cry
2. LORD'S trustworthiness is declared
3. LORD'S will is required
4. LORD'S righteousness is proclaimed
5. LORD'S compassion is continual
6. LORD'S deliverance is coming

READ AND ANSWER

Psalm 40:1-3

What is the first line of this **Psalm**?

Did the LORD respond to David's cry?

What did David do *after* he cried to the LORD and *before* he saw the response of the LORD?

What was David's attitude while he waited for the LORD to respond?

Did the LORD respond to David's cry?

1.

2.

What did the LORD do when He heard David's cry?

1.

2.

3.

Where had David been? Why did he need the LORD's help?

1.

2.

Jeremiah 38:6

***Then they took Jeremiah and cast him into the cistern of Malchijah the king's son,
which was in the court of the guardhouse;
and they let Jeremiah down with ropes.
Now in the cistern there was no water but only mud,
and Jeremiah sank into the mud.***

In contrast to a muddy pit, where did the LORD put David's feet?

What happens when you try to walk in thick mud?

What happened to David's footsteps once the LORD set his feet on a rock?

What then, did the LORD do for David? (Don't use the figure of speech i.e. the miry clay and the rock. Instead write out what must have happened in David's life.)

Was it enough that God delivered David from the pit and set him on a rock? What was David now fully able to do? (Hint: David didn't stay standing on the rock once he was delivered.)

Once the LORD set David's feet on a rock and made his footsteps firm, what did He do?

What type of song did He put in David's mouth?

David did something—he cried to the LORD and then patiently waited for Him to answer. Then the LORD did something—He heard David's cry and answered him by taking him out of a floundering, frightening situation and giving him steadfastness and security instead. David was able to switch from crying out for help to praising the LORD. As a result, many others would do something—what would the many others do?

1.

2.

3.

Could you say that David's plight, whatever it was, resulted ultimately in bringing Glory to God?

Psalm 40:4-5

Who is blessed?

What must you do if you want to be blessed?

Who must you not trust (or stop trusting)?

1.

2.

What proofs are given of God's trustworthiness?

1.

2.

What are "many"?

1.

2.

When it says, “There is none to compare with You”, what specific comparisons are referred to?

1.

2.

Can anyone compare with the wonders which God has done?

Can anyone compare with the thoughts or plans God has for us?

When it says, “If I would declare and speak of them”, what is the “them”?

1.

2.

What is too numerous to count?

1.

2.



Psalm 139:13-18

***For You formed my inward parts; You wove me in my mother’s womb.
I will give thanks to You, for I am fearfully and wonderfully made;
Wonderful are Your works, and my soul knows it very well.
My frame was not hidden from You,
when I was made in secret,
and skillfully wrought in the depths of the earth;
Your eyes have seen my unformed substance;
and in Your book were all written the days that were ordained for me,
when as yet there was not one of them.
How precious also are Your thoughts to me, O God!
How vast is the sum of them!***

*If I should count them, they would outnumber the sand.
When I awake, I am still with You.*

**Psalm 139 states the same two ideas that are expressed in Psalm 40—
the past is full of God’s wonderful works and miracles for His chosen,
the future will be full of God’s wonderful thoughts and plans for His chosen.**

**The point in both Psalms is this:
God’s plans for us are wonderful and He is wonderfully able to fulfill all of them!**

**Although Psalm 40 and Psalm 139 contextually refer to Israel,
these two truths are available as a rock-solid fact for all believers today.**

**It should cause us to reflect on our lives differently—
God has been in control of all that has happened to us
and God will be in control of all that will happen to us.**

He is wonderfully worthy to be trusted in all things at all times...

Psalm 40:6-8

What has God not desired?

- 1.
- 2.

What has God done?

What has God not required?

- 1.
- 2.

What has David done?

What does God desire and require?

What does David desire or delight to do?

Where is God's Law?

What does it mean or imply that God's Law is within David's heart? (What will David do?)



**Did verses 6 through 8 sound familiar when you first read them?
Read them again.**

Psalm 40:6-8

***Sacrifice and meal offering You have not desired;
My ears You have opened;
Burnt offering and sin offering You have not required.
Then I said,
"Behold, I come; in the scroll of the book it is written of me.
I delight to do Your will, O my God;
Your Law is within my heart."***

Now read Hebrews 10:4-10

***For it is impossible for the blood of bulls and goats to take away sins.
Therefore, when He comes into the world, He says,
"Sacrifice and offering You have not desired,
But a body You have prepared for Me;
In whole burnt offerings and sacrifices for sin You have taken no pleasure."
Then I said, "Behold, I have come (In the scroll of the book it is written of Me)
To do Your will, O God."
After saying above,
"Sacrifices and offerings and whole burnt offerings and sacrifices for sin
You have not desired, nor have You taken pleasure in them"
(which are offered according to the Law), then He said,
"Behold, I have come to do Your will."
He takes away the first in order to establish the second.
By this will we have been sanctified
through the offering of the body of Jesus Christ once for all.***

Psalm 40:9-10

According to the immediate context, who is the “I” in **verse 9**?

What has David done?

What are “glad tidings of righteousness”?

Where has David proclaimed glad tidings of righteousness?

What is the great congregation?

Who is the great congregation?

Had David been ashamed to bring the news of the LORD’S righteousness to the great assembly?

Had David been faithful in proclaiming the salvation of the LORD?

Would he continue to bring the message of the LORD’S salvation to his people?

How do you know?

What does it mean that David would not restrain his lips? From what?

What was he promising his lips would do?

How confident was David in his commitment?

What did David declare the LORD knew?

Had David been silent about the LORD's righteousness?

Instead of hiding the truth about the LORD, what had David done?

- 1.
- 2.

What truths about God had David revealed to the great congregation?

- 1.
- 2.

What five attributes of the LORD had David faithfully proclaimed to the great congregation?

- 1.
- 2.
- 3.
- 4.
- 5.

Are these five different things about the LORD? Do a word study on each of them to make sure you understand the beauty of each one—in order to see more of the beauty of the Salvation!

Righteousness

Faithfulness

Salvation

Lovingkindness

Truth

Psalm 40:11-12

David did not withhold the truth about God—what would the LORD not withhold from David?

What would continually preserve David?

Whose lovingkindness and truth?

Why did David need to be “preserved”?

1.

2.

What had surrounded David?

How much evil?

What is one reason why evils had surrounded David (from the context)?

What had overtaken David?

What had been the result of his iniquities?

Just how many iniquities was David talking about?

Can you count the number of hairs on your head?

Why not?

Whose iniquities overtook David?

Evidently sins of David's past have finally caught up with him. His troubles seem to be largely his own fault and yet, he still believes the LORD will have compassion on him. Even though he believes the LORD'S lovingkindness and truth will preserve him, what has happened to his heart?

What does it mean to have your heart fail or forsake you?



**Has your heart ever failed you?
What is it that happens when your heart fails?**

**The Hebrew word for "heart" is *leb*
and means the heart.
It is very often used figuratively for the feelings, the will, or intellect.**

**The Hebrew word for "failed" is *azab*
and is a primitive root which means
to leave, forsake, loosen, relinquish, or permit.**

**When your heart fails you, your feelings are no longer grounded.
When your heart forsakes you, your mind wants to align itself with dismay.**

**It seems impossible to have hope.
It seems impossible to think on the truths and promises of God.
It seems impossible to believe that you can endure your present pit of despair.**

**Heart failure is a big deal.
No one is exempt from the "heart failure" which David experienced.
It can happen when we least expect it and it can be devastating.**

But...

Even at the lowest point in our suffering and trials—when our hearts fail us...

**We can still know that we have a Deliverer..
a Savior...
a Redeemer...
a Protector...
a very present Help in times of trouble...**

**We have Jesus, the Son of God,
the One Who called out to His Father when He endured the cross...
the One Who now sits at the right hand side of the Majesty on high
interceding for each and every believer—
chosen by God...
beloved of God...
children of the Most High!**

**He will never, never, never leave us nor ever abandon us...
He will carry us until our hearts return...**

Why had David's heart forsaken him?

- 1.
- 2.

Although David's heart had failed him, Who would not?

Psalm 40:13-17

What was David entreating the LORD to do?

What did David need?

How soon did David need help?

Was there anyone else who could help him?

What request, besides deliverance, did David make of the LORD regarding his enemies?

1.

2.

3.

4.

5.

How serious was David's situation?

How do you know?

What were David's enemies doing, or trying to do, to him?

1.

2.

3.

What request, besides deliverance, did David make of the LORD regarding believers?

1.

2.

3.

Why could (and can) those who seek the LORD rejoice and be glad in Him?

Why could (and can) those who love the LORD's salvation say continually, "The LORD be magnified!"?

What final request did David make of the LORD?

What did David recall to the LORD in order to convince Him to be mindful of him?

1.

2.



**An alternate translation to "Let the LORD be mindful of me" is "The LORD is mindful of me".
Could it be that David, besides reminding the Lord of his affliction and needs, was also reminding himself of a necessary truth about the LORD?**

Concerning David's own needs and the LORD's mindfulness of his situation, of what did David remind both himself and the LORD?

1.

2.

What final request did David have of the LORD?

READ AND REASON

We saw from **Hebrews 10:4-10** that Jesus quoted **Psalm 40:6-8** when He became flesh and dwelt among us. Could it be that the rest of **Psalm 40**, or at least parts of it, are also Messianic? Let's look at **Psalm 40** with this in mind.

Psalm 40:1-3

***I waited patiently for the LORD; and He inclined to me and heard my cry.
He brought me up out of the pit of destruction, out of the miry clay,
And He set my feet upon a rock making my footsteps firm.
He put a new song in my mouth, a song of praise to our God;
Many will see and fear and will trust in the LORD.***

Could **verses 1-3** refer to the evening Jesus spent in Gethsemane and His capture, torture, and eventual triumph? Did Jesus wait patiently for the LORD during it all?

Both the **Psalms** and the **Prophets** tell us that Jesus was thrown into a literal pit overnight by Caiaphas the high priest.

Psalm 22 tells us that God most definitely inclined His ear to Jesus and heard His cry.

God not only resurrected Jesus from the dead, He set His feet on the solid ground of eternity and gave Him a great and glorious future.

Have you ever thought about whether Jesus ever sang? He did. And He still does! **Hebrews** tells us that He sings songs of praise to His Father! What new song did God give His Son, and when did He give it to Him? Could it have been after the resurrection or possibly when He returned to take His place beside the Majesty on high? The truth of the salvation that Jesus accomplished would certainly make a spectacular song of praise!

The good news of the salvation that Jesus accomplished through His perfect life, vicarious death, proven burial, and triumphant resurrection has certainly caused many to see, fear, and trust in the LORD.

Psalms 40:4-5

***How blessed is the man who has made the LORD his trust,
And has not turned to the proud, nor to those who lapse into falsehood.
Many, O LORD my God, are the wonders which You have done,
And Your thoughts toward us;
There is none to compare with You.
If I would declare and speak of them, they would be too numerous to count.***

What about **verses 4** and **5**? Who is the man who has made the LORD his trust other than the believer in Jesus Christ! And yet, Who did Jesus trust throughout His entire pilgrimage on earth? Did Jesus ever turn to man for anything? No. He always and only did what He saw the Father doing. No one is more blessed than Jesus. Why did Jesus trust the Father? As He says, "There is none to compare with You."

We have already covered **Psalm 40:6-8** in a Point of Depth earlier, but what about **verses 9** and **10**?

Psalm 40:9-10

***I have proclaimed glad tidings of righteousness in the great congregation;
Behold, I will not restrain my lips, O LORD, You know.
I have not hidden Your righteousness within my heart;
I have spoken of Your faithfulness and Your salvation;
I have not concealed Your lovingkindness
and Your truth from the great congregation.***

Could **Hebrews 2:12-13** be a cross-reference to **Psalm 40:9-10**? If so, what do you learn? “...saying, ‘**I will proclaim Your name to My brethren, in the midst of the congregation I will sing Your praise.**’ And again, ‘**I will put My trust in Him.**’ And again, ‘**Behold, I and the children whom God has given Me.**’”

God did not want sacrifices and meal offerings for the sake of their aromas. He wanted obedience. **Isaiah 50:4** (which refers to Jesus, the Coming One of God) describes the ears of a true disciple. A disciple is one who follows, or in other words—obeys. “**The Lord God has given Me the tongue of disciples, that I may know how to sustain the weary one with a word. He awakens Me morning by morning, He awakens My ear to listen as a disciple.**”

God didn’t even want voluntary offerings—He wanted voluntary obedience. When Jesus came, He willingly did the will of the Father in all things, even death on a cross.

There is a Book of Life which holds the names of all those who have ever existed. The old hymn queries “Is your name written there?” Amazingly, Jesus Christ, the Son of God and Divinity Himself, answers, “Yes” to this as well.

And just exactly how did Jesus fulfill the will of God? He delighted in doing it! And He did it perfectly—it was written within His heart!

Psalm 40:11-12

***You, O LORD, will not withhold Your compassion from me;
Your lovingkindness and Your truth will continually preserve me.
For evils beyond number have surrounded me;
My iniquities have overtaken me, so that I am not able to see;
They are more numerous than the hairs of my head,
And my heart has failed me.***

Verse 11 could be referring to the confidence the Lord Jesus put in His Father during His horrific ordeal, always believing God would have compassion on Him because He knew God to be compassion itself. He knew that lovingkindness and truth were unwavering attributes of the Father that would govern His every move—He knew God would preserve Him because of Who God was!

Verse 12 might seem inappropriate to apply to Jesus... Unless, that is, we remember **2 Corinthians 5:21**. “**He made Him who knew no sin to be sin on our behalf, so that**

we might become the righteousness of God in Him.” When applied to Jesus, the word “overtaken” takes on monumental significance. Although He was perfectly sinless, how much sin did Jesus have to deal with on the cross? So much that He couldn’t see—the sins of mankind surrounded His very being. The idea of numbering the hairs on any head point to the idea that the sins were limitless. My heart breaks to think of what our dear Savior endured...

The thickness of the sins surrounding Him was so dense that His heart failed Him... At this one point during His horrific time on the cross, Jesus felt alone...

Psalm 40:13-17

***Be pleased, O LORD, to deliver me; make haste, O LORD, to help me.
Let those be ashamed and humiliated together who seek my life to destroy it;
Let those be turned back and dishonored who delight in my hurt.
Let those be appalled because of their shame who say to me, “Aha, aha!”
Let all who seek You rejoice and be glad in You;
Let those who love Your salvation say continually, “The LORD be magnified!”
Since I am afflicted and needy, let the Lord be mindful of me.
You are my help and my deliverer; do not delay, O my God.***

Moving on to **verses 13-17** we read verses that closely resemble other Messianic psalms which point to Jesus’ time on the cross.

If this is referring to Jesus, it would be easy to imagine Him asking the Father to deliver Him quickly from the torment of the cross—and it would be easy to imagine the Father doing just that...

But what about the three “Let those” lines? Didn’t Jesus say from the cross, “Forgive them, for they know not what they do?” Yes, He did, but does that preclude Him requesting judgment for the guilty? No, it doesn’t. Read the cross-references below.

Did God promise to judge Israel? Yes.

Amos 4:12

***Therefore thus I will do to you, O Israel;
Because I will do this to you, prepare to meet your God, O Israel.***

What about others? Does God promise to judge them? Yes.

Revelation 22:11-15

***Let the one who does wrong, still do wrong;
and the one who is filthy, still be filthy;
and let the one who is righteous, still practice righteousness;
and the one who is holy, still keep himself holy.
Behold, I am coming quickly, and My reward is with Me,
to render to every man according to what he has done.***

***I am the Alpha and the Omega, the First and the Last, the Beginning and the End.
Blessed are those who wash their robes,
so that they may have the right to the tree of life,
and may enter by the gates into the city.
Outside are the dogs and the sorcerers and the immoral persons
and the murderers and the idolaters,
and everyone who loves and practices lying.***

And what about the principalities? Does God promise to judge them?

Isaiah 24:21-23

***So it will happen in that day,
That the LORD will punish the host of heaven on high,
And the kings of the earth on earth.
They will be gathered together like prisoners in the dungeon,
And will be confined in prison;
And after many days they will be punished.
Then the moon will be abashed and the sun ashamed,
For the LORD of hosts will reign on Mount Zion and in Jerusalem,
And His Glory will be before His elders.***

Look at the reference below and note how God forgives iniquity and transgression and yet He will by no means clear the guilty—in fact He visits the iniquity of the fathers on the children to the third and the fourth generations.

Numbers 14:18–23

***The LORD is slow to anger and abundant in lovingkindness,
forgiving iniquity and transgression;
but He will by no means clear the guilty,
visiting the iniquity of the fathers
on the children to the third and the fourth generations.
Pardon, I pray, the iniquity of this people
according to the greatness of Your lovingkindness,
just as You also have forgiven this people,
from Egypt even until now.
So the LORD said, “I have pardoned them according to your word;
but indeed, as I live, all the earth will be filled with the glory of the LORD.
Surely all the men who have seen My glory and My signs
which I performed in Egypt and in the wilderness,
yet have put Me to the test these ten times and have not listened to My voice,
shall by no means see the land which I swore to their fathers,
nor shall any of those who spurned Me see it.”***

Can both be true? Can the LORD forgive iniquity and transgression and yet by no means clear the guilty? You better believe it! He is a just God!

Now read the cross-reference below where God once again places two truths about Himself—the truth of forgiveness and justice—side by side.

Exodus 34:6–8

***Then the LORD passed by in front of him and proclaimed,
“The LORD, the LORD God, compassionate and gracious,
slow to anger, and abounding in lovingkindness and truth;
who keeps lovingkindness for thousands,
who forgives iniquity, transgression and sin;
yet He will by no means leave the guilty unpunished,
visiting the iniquity of fathers on the children and on the grandchildren
to the third and fourth generations.”
Moses made haste to bow low toward the earth and worship.***

What should our reaction be to seeing these two truths side by side? Let’s follow Moses’ lead and make haste to bow low toward the earth and worship...

Let’s move on to the next verse, **Psalm 40:16**. In contrast to those who tried (and try) to destroy the life of Christ, those who delighted (and delight) in His hurt, and those who have said (and say), “Aha, aha!” there are those who seek the LORD and love His salvation. How might this verse be talking about Messiah?

As Christ hung on the cross for every person that would ever believe, was He thinking about the outcome of His agony? **Hebrews 12:2** tells us He did just that, “...***fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.***”

Jesus knew that every person who would eventually realize he needed a Savior would also need to seek His Creator in order to be reconciled to Him—Jesus knew He was the only way to the Father. Through Jesus alone, believers are able to rejoice and be glad in the LORD. And those who find true Salvation (Jesus) love Him for all that He did to accomplish the Father’s plan!

Someday the Father will give everything to His Son; until then, it is the Father Who receives the Glory through the Son! Bringing Glory to God is natural to His children. They want the world to see Who God really is and what He has done for them so, of course the saved will say, “The LORD be magnified!” It will be the end result of the cross’ demands.

Was Jesus ever afflicted and needy? Can **verse 17** be showing us Christ while He is still on the cross—afflicted and needy? Is He desiring that His Father be mindful of His suffering and end it as soon as possible (desperate for alleviation of His unspeakable pain but choosing God’s will even more-so)? Does He call upon His Lord, using the

word “Adona” here, which refers to the sovereignty of God, thus crying out for help and deliverance, and yet leaving it all in the hands of His sovereign Lord?

The final plea leaves no doubt as to its origin—if this is Jesus speaking, He is still on the cross, suffering unspeakably. There is also no doubt about where Jesus’ trust is unfalteringly placed. As **Psalm 40:4** says, “***How blessed is the man who has made the LORD his trust.***” Jesus trusts in the One, the only One, Who can help Him... and He will wait on Him...

It appears that there is more in **Psalm 40** than meets the eye at first glance... and yet, the main and plain meaning of the text (in its context) must always rule. Therefore we cannot impose a meaning of our own choosing into it no matter how reasonable it sounds. We need to handle the Scripture ohhh so carefully—indeed, even with fear and trembling...

Isaiah 66:2

“For My hand made all these things, thus all these things came into being,” declares the LORD. “But to this one I will look, to him who is humble and contrite of spirit, and who trembles at My word”

What is the conclusion? Perhaps there isn’t a clear cut understanding of just how much of **Psalm 40** is actually referring to Jesus—perhaps all of it is, perhaps most of it is, at least part of it is. And yet one thing is clear—Jesus tells us in **Luke 24:44** that the **Psalms** speak about Him—so we know we definitely need to look for Him in them! The more we read, observe, and study the Word of God the more He will give us knowledge and understanding regarding what He has said. So... study on...

 Segment by Segment

**Try titling these segments yourself.
Ask God to help you.**

Verses 1-3

Verses 4-5

Verses 6-8

Verses 9-10

Verses 11-12

Verses 13-17

~ Purpose of Psalm 40

**Try to identify the purpose of Psalm 40.
The purpose simply states “why the Psalmist wrote the Psalm”.**

~ Theme of Psalm 40

**Try giving Psalm 40 a title by identifying its theme.
The theme simply states “what the Psalm is about”.**
