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¹I waited patiently for the Lord; He turned to me and heard my cry. ²He lifted me out of the slimy pit, out of the mud and mire; He set my feet on a rock and gave me a firm place to stand. ³He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in Him. ⁴Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods. ⁵Many, Lord my God, are the wonders You have done, the things You planned for us. None can compare with You; were I to speak and tell of Your deeds, they would be too many to declare.

Psalm 40

Psalm 40 concludes a series of four Psalms written by David. In psalm 37 David is waiting for God to act, the next two Psalms express David's pain as he waits but now we come to the triumphant conclusion. All of us will have experienced the situation these Psalms portray and as we shall see this Psalm points to Jesus as the only one who can truly fulfil what David desires. The fact that the Psalm ends with a prayer of distress shows that problems and the need to wait on God are never far away in this world.

- **Waiting rewarded and rescue (v1-3)** – David's patient waiting has been an eager waiting to see what the Lord would do and David knows that God had listened carefully to his cry for help. We do not know what the 'slimy pit' David was, it could have been ill-health, sin, danger or any other peril. This lack of knowledge means that we can legitimately apply this Psalm to any difficult situation we find ourselves in. The mud and mire speak of David floundering helplessly and in a place where fears surround him. The emphasis here though is on what God has done. David knows it is God who has lifted him up and taken him to a place of safety and security (v2). Where life had felt chaotic, everything insecure, now David knows He is in a place where things are once again secure. No wonder he says that God has put a new song in his mouth, his situation has changed so much he wants to rejoice in that situation and in the one who has brought about that change. I hope there are times you can look back on and know a similar experience, not least, when we look back to becoming a Christian. We see something of David's heart as his desire (v3) is that what he has experienced of God will be such a witness to others that they will stand in awe of God and come to trust Him. David does not dwell on his ordeal or on his self-interest, rather he wants the Lord to be seen and praised.
- **David's encouragement to others (v4-5)** – David wants others to learn the wisdom of trusting in the Lord. He has learnt this lesson through his recent experiences. He encourages his people and us not to trust those who follow other gods (v4). We must reject all others who claim they are trustworthy and trust only in the one who is truly trustworthy. He then tells us all why God alone is trustworthy; God is personal ('my God') but more than that (v5) He is both generous and intentional in His blessings and they are too numerous to be recounted.

Question:

What will it look like for you to truly trust in the Lord in the month ahead?

Prayer

Lord, thank You that You are trustworthy, please renew my trust in You each day. Amen.