

“I WILL SING TO THE LORD WITH A PRAISE SONG!”
[“Stop, and Let Me Tell You What the Lord Has Done For Me”]

PSALM 40:1-17

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INTRODUCTION

This is an amazing psalm. David spends the first two thirds of the Psalm on a mountain peak, and the last third back in the valley. He describes an amazing deliverance that God brought him with the resulting joy and blessing; he also comments on the blessedness of the person who trusts in God and the goodness of God toward his people. Then he displays his own personal love and devotion to the God who has been so amazing to him – a devotion based on obedience to the teachings of Scripture. He also is guided by an obligation to share his love and praise for God with the rest of God’s people.

Despite his phenomenal blessings and extraordinary deliverance and fervent zeal as the result, his problems are not totally resolved; some old ones may persist and likely some new ones have arisen. He spends the last seven verses seeking God’s continued blessing and deliverance from his sins and his troubles caused by his adversaries.

Isn’t that just like life? Like the disciples on the mount of Transfiguration who came back down to be confronted by a father’s child who was demon possessed, we often come from the mountaintop down into the valley of trouble and trial. In this Psalm David talks about two aspects of life that are vast in number:

- 1) **Evils** (troubles) are beyond number and have surrounded him; his **sins** are more numerable than the hairs of his head (12).
- 2) **God’s wonderful works** and **His thoughts toward us** are many—they are too numerous to count (5).

Another amazing feature of this Psalm is the use of vv. 6-8 in **Hebrews 10:1-10** in reference to the coming of Christ and his sacrifice of himself in obedience to his Father. We must not regard the entire Psalm as messianic, but the godly quality of faithful obedience finds its higher and ultimate fulfillment in the person of the God-man Jesus Christ.

YOU MUST DELIGHT TO DO GOD’S WILL AND MUST PROCLAIM HIM TO OTHERS!

- I. THE AMAZING DELIGHT OF THE GODLY LIFE (1-10)
 - A. What God has Done (1-5)
 1. What He has done for me (1-3) [**“waiting I waited”**]
 - He cared: He bent His ear, he heard me.
 - He helped: He brought me out of the pit of destruction, and the mud of the mire.
 - He strengthened: He put my feet on a rock—making my footsteps firm.
 - He gave me joy: a **new song**—a song of praise
 - He made me a testimony: many will see and fear and trust in the Lord.
 2. What He has done for other believers (4-5) [**made the Lord his object of trust**]
 - They are blessed—supremely happy

- They are not allured by proud, empty boasters or apostates—do not turn away from God to the empty promises of this world or to those following lies and false deities.
- They experience many “works of wonder” at God’s hand.
- They are objects of divine thoughts and purposes.

He concludes this display of what God has done with:

- ❖ There is no one or nothing that can compare with God!
- ❖ His amazing deeds and plans are so vast we cannot count them!

Obviously, such an amazing God demands an appropriate response on our part—what is it?

B. What the Child of God has Done (6-10)

1. The Behavior of Thanksgiving—willing obedience to the Word (6-8)

- God does not want mere external worship—animal sacrifice, grain offering, burnt offering, sin offering [it was necessary—but only preliminary!]
- God wants open ears—literally: “*He has dug my ears!*”
- God wants us to listen to and respond to the scroll of the book where “it is written of me”—**prescribes my required behavior.**
- God wants us to **COME:** front and center ready to obey Him.
- God wants us to have His law in our hearts.
- God wants us to **delight to do His will.**

2. The Speech of Thanksgiving—praising God before others so they can share in it (9-10)

- We must attend church where we proclaim the good news in the midst of *the great congregation.*
- We must not restrain our lips nor hide in our hearts the truths of God we know! Don’t conceal His truth.

WHAT DIVINE QUALITIES SHOULD WE PRAISE?

1. His Righteousness
2. His Faithfulness
3. His Lovingkindness—loyal love and grace
4. His Truth and Reliability

What an amazing delight there is in the godly life! But, reality shows us that we still live in this world!

II. THE AGONIZING STRUGGLE IN A FALLEN WORLD (11-17)

A. The Greatness of personal suffering (11-12)

1. What you have shown in the past I still need now! [Preserve me.] (11)

- Compassion
- Loyal love
- Truth

2. My troubles and iniquities are overwhelming (12)

- a. They have caught up to me—many, more than the hairs on my head.
- b. They surround me.
- c. My vision is blurred.

- d. My heart has failed me.
- B. The Power of the enemies of righteousness (13-15)
 1. I need your help in a hurry—be pleased to deliver me. (13)
 2. Disappoint those who are trying to hurt me and kill me (14)
 3. May they gloat over me no more—may they be appalled in shame. (15)
- C. The Confident Hope of God’s continuing care and love (16-17)
 1. For God-Seekers who love His salvation
 - a. May they rejoice and be glad.
 - b. May they continually say: “The Lord be magnified!”
 2. For me—one who is afflicted and needy
 - The Lord is mindful of me!
 - He is my Help and Deliverer.
 - Don’t delay, O my God [notice this is not used in profanity!]

CONCLUSION

Stop, and let me tell you, what the Lord has done for me!

I will sing to the Lord with a praise song, for the Savior heard my cry; he has lifted me out of the miry clay, and set my feet on a rock!

You have dug open my ears; therefore, I will come. I delight to do your will, O God. Your Law—Word is in my heart.

What are you living for? What do you enjoy?

Do you have a **New Song**—are you saved?

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