PSALM

40

XL

Deliverance Lament Turning

Psalms of David · Book I

"For the Chief Musician. A Psalm by David."

PICTURE WORD

Scroll

IN ONE SENTENCE

David waited for the LORD, who lifted him from the pit, gave him a new song, and teaches him God's will.

Remember it: Forty: out of the miry clay, onto the rock, with a new song.

MEMORY VERSE

I delight to do your will, my God. Yes, your law is within my heart."

Psalm 40:8 · World English Bible

HEBREW WORD

קִוִּיתִי

"wait" · verse 1

In the Psalms: seventeen times, in 10 psalms

קִוִּיתִי means "I waited." Verse 1 doubles the verb, "waiting I waited," to show patient, stretched-out waiting. A related word means a cord stretched tight, like the scarlet cord Rahab hung from her window. Waiting on the LORD is hope pulled taut.

HOW THE PSALM MOVES

1–3	The LORD lifted David from the pit and gave a new song.
4–5	Blessed is the one who trusts; God's wonders are countless.
6–10	God wants obedience, and David proclaims his righteousness.
11–17	Surrounded by trouble, David asks God to hurry and help.

IN THE NEW TESTAMENT

v. 6–8 → **Hebrews 10:5–7** Christ comes to do God's will: His body, not animal sacrifices.

MY NOTES

Listen. Hear Psalm 40 sung in the **Psalm Song** app, or free at **ispress.de/psalms/40**.

Cantillated. Sung: chanted back and forth between a leader and the people.

Waiting on God · The King & the Messiah · Praise & Thanksgiving

FILL IN THE BLANKS

David _____ for the LORD, who lifted him from the _____, gave him a new _____, and teaches him God's will.

CHECK YOURSELF

1. Where did the LORD set David's feet?

- (A) On a rock
- (B) In a river
- (C) On a mountain
- (D) In a field

2. What did God not desire, according to verse 6?

- (A) A new song
- (B) Sacrifice and offering
- (C) A humble heart
- (D) Open ears

3. What does David say his iniquities are more than?

- (A) The stars of heaven
- (B) The sand of the sea
- (C) The hairs of his head
- (D) The leaves of the trees

TALK IT OVER

1. What did the LORD do for David in verses 1 to 3, and what happened as a result?

2. Hebrews 10 hears Christ speaking verses 6 to 8. What does that teach about Jesus?

3. What new song could you sing about what God has done for you?

IN YOUR OWN WORDS: WHAT DOES PSALM 40 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say verse 8 by heart
- ☐ I know the picture word

Answers Blanks: waited · pit · song · Check yourself: 1. A (v. 2) · 2. B (v. 6) · 3. C (v. 12)