

PSALM 40

He inclined to me and heard my cry.
He put a new song in my mouth,
a song of praise to our God.

(PSALM 40:1B, 3)

STRUCTURE

- v. 1-3** The Lord rescues the lowly.
- v. 4-10** The righteous live godly lives and proclaim God's truth.
- v. 11-17** The righteous are opposed by the ungodly but preserved by God.



AT A GLANCE

DIG DEEPER

That God does not desire sacrifice is repeated elsewhere in Psalms 50 and 51, Hosea 6, Isaiah 1, Jeremiah 7 and Hebrews 10.

AUTHOR

In this psalm, David doesn't pray that his enemies would be destroyed, but only that they would be confounded.

THIS SOUNDS FAMILIAR

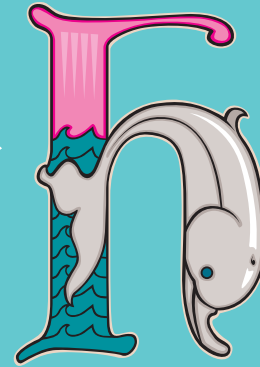
David uses similar language and imagery in Psalm 70.

MORE TO THE STORY

David might have written this psalm in response to being pursued by Saul.

CHRIST IS HERE

We should read this psalm both as David crying out as his enemies overtake him, and as Christ crying out to His Father while being arrested, beaten and crucified.



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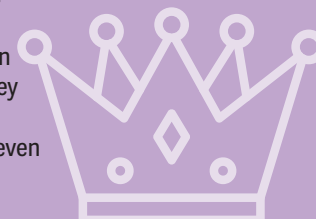
We should read this psalm both as David crying out as his enemies overtake him, and as Christ crying out to His Father while being arrested, beaten and crucified.



It is unclear when David wrote this psalm, though it is worth asking if he did so as his throne was being attacked from the outside. David realizes that it was the Lord who brought him out of the miry bog of affliction, and this realization changes the way that David speaks, putting a new song in his mouth. David can boldly proclaim that the man who trusts in the Lord is better than the man who chases after lies. Again, this lie-chaser could be Saul, or one of the other usurpers of David's throne such as Absalom or Adonijah. David's mind then drifts away from politics and toward the worship of God as he realizes that the Lord has not desired sacrifice and offerings, but rather to write David's name in the Book of Life. David is among God's elect, being called by the Word and justified by faith. While David returns to meditate on his enemies by the end of the psalm, it becomes clear that they are ultimately enemies of God. David ends his meditation on deliverance and preservation by confessing his weakness — even the king relies only on God for salvation.



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USE IN THE CHURCH

Antiphon: v. 1b

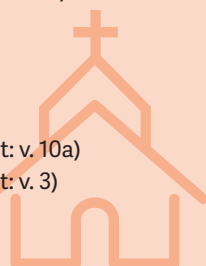
In the Daily Office: Tuesdays at Matins; Good Friday at Matins

At the Divine Service: Introit verses for Circumcision of Jesus

Psalm for Holy Cross Day (ant: v. 13)

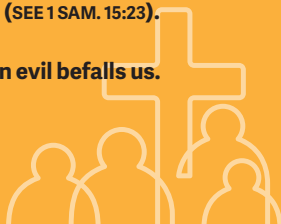
One-Year:
Verse for Advent 4 (v. 17b)

Three-Year:
Introit for Epiphany 2B (ant: v. 10a)
Psalm for Epiphany 2A (ant: v. 3)



SPIRITUAL CARE

- For the resolution of conflict.
- In thanksgiving for answered prayer.
- Against unbelief (SEE 2 COR. 12:8).
- For encouragement in the faith (SEE 1 SAM. 15:23).
- When evil befalls us.



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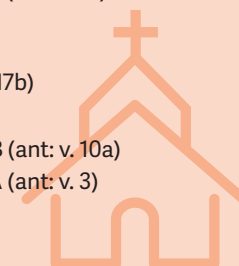
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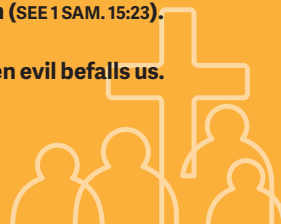
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PSALM PRAYER

O Christ, only hope of Your people, Your coming into the world was foretold in the scrolls of the prophets. We implore You, sow Your Word into our hearts, that we may make known Your righteousness and be delivered from the dangers that threaten us; for You live and reign with the Father and the Holy Spirit, one God, now and forever. **Amen.**

PSALM
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