



s for me, I said, "O Lord, be gracious to me; heal me, for I have sinned against you!"

(PSALM 41:4)

## STRUCTURE

- v. 1-4** Certainty in the Lord's help and blessing.
- v. 5-9** The treachery of betrayal by a friend.
- v. 10-13** Prayer for God's grace and confidence in God's delight.

## AT A GLANCE

**MORE TO THE STORY** David suffers illness, attacks from enemies and betrayal by a friend, possibly Ahithophel (2 SAM. 16-17) or Joab (1 KINGS 1).

**INWARDLY DIGEST** Note the connection between physical illness, the awareness of sin and the need for forgiveness in verse 4.

**PART OF A WHOLE** The final verse serves as a concluding doxology not just for this psalm, but also for Book One of the Psalms.



## CHRIST IS HERE

Jesus cites verse 9 (JOHN 13:18) in reference to Judas, His betrayer. The phrase "in whom I trusted" is conspicuously omitted.



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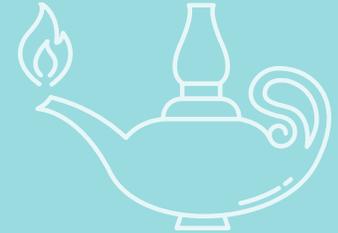
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**David moves from** the general truths of God’s care and blessing for those who live as His people, especially with regard for the poor, to his own petitions regarding his time of sickness, the scheming of enemies and the pain of betrayal. The various crosses and trials of life are to call to mind our sin, not necessarily a particular sin for which we may be suffering the consequence, but always our need for the healing of our soul, without which the earthly trials are but a foretaste of eternal suffering. (SEE LUKE 13:1-5). With the forgiveness of sins, David is bold to pray for the restoration of his body as well. Confidence that God delights in him, David has hope not only of restoration in this life and the overcoming of his enemies, but also of standing in the presence of the Lord in eternity. With the assurance of all these things (CONFESSED IN THE DOUBLE “AMEN” OF VERSE 13), David blesses the Lord.



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## USE IN THE CHURCH

**Antiphon:** v. 4b

**In the Daily Office:** Tuesdays at Matins

**At the Divine Service:**

**One-Year:**  
Gradual for Trinity 1 (v. 4, 1)

**Three-Year:**  
Psalm for Epiphany 7B (ant: v. 7b) and  
Proper 10C (ant: v. 1)



## SPIRITUAL CARE

- In pursuit of righteousness.
- When sick or undergoing medical treatment.
- Dealing with loneliness.
- During marital problems.
- When suffering betrayal.



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## PSALM PRAYER

O Christ, Son of the living God, You stood firm when Your enemies unjustly accused and attacked You. Be our guardian and shield in every kind of temptation, that we may never yield to our enemies, since You have made us more than conquerors by the power of Your deity; for You live and reign with the Father and the Holy Spirit, one God, now and forever. **Amen.**

PSALM

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