



GOD, MY EXCEEDING JOY

A JOYFUL JOURNEY THRU THE PSALMS

December 6, 2020 Online

Psalm 40 – Out of the Miry Clay

I. **GENRE:** Penitential lament with the rehearsal of a song of thanks.

A. This is a mixed ps, containing parts of a song of thanks & a lament.

1. The psalm starts like out a psalm of thanks (vv. 1-10).

- a. David describes how he brought a thank offering to the temple after some great deliverance from God (vv. 9-10).
- b. For that event he wrote a song (vv. 3-5), and while offering it, he instructed the people to trust God (vv. 9-10).

2. But the second half of the poem changes mood (vv. 11-17).

- a. Great adversities have now presented themselves (v. 12a), David's own sins have compounded the problem (v. 12b), and his enemies are seeking to exploit the situation (vv. 14-15).
- b. This problem is not only David's for it threatens the whole realm. Deliverance for him will bring deliverance to all (v. 16).

B. David sees his adversity as an opportunity for the Lord to gain more glory for himself. Another work of deliverance will result in another very public offering of thanks to the glory of God (v. 16b).

II. **SETTING:** Some situation of distress, compounded by sin, after a period of deliverance from great trouble.

A. Psalm 40 does not start off with David in trouble but in relishing the triumph that the Lord had recently given him (vv. 1-3)

B. But trouble is never far behind David, and in v. 11 we learn that he has plunged into a new depth of trouble.

III. **STRUCTURE:** Rehearsal of past deliverance (vv. 1-10); Fresh lament over new distresses (vv. 11-17).

A. Rehearsal of Past Deliverance (vv. 1-10)

1. The opening verses first recount the Lord's deliverance (vv. 1-2) & then rehearse a song of deliverance David composed (vv. 3-5).
2. David was very conscientious of his role as king to show public thanks for the Lord's work (vv. 6-8), so he was careful to give God the glory (vv. 9-10).

B. Fresh Lament over New Distresses (vv. 11-17)

1. He begins by confessing both his trust in the Lord (v. 11) and his own contribution of sin to the problem (v. 12).
2. The plea for help flows next (vv. 13-17). He not only asks for deliverance (v. 13) but also prays for God's judgment on his enemies (vv. 14-15).
3. In the end David is confident that the distresses will give way to praise as God brings help to his people once a again (vv. 16-17).

IV. **APPLICATION:** Trusting God in our ups and downs

A. It is impossible for us to always be on the mountain top of victory and celebration. On this side of eternity, there will always be downturns.

B. Remembering how the Lord has helped us in the past enables us to have confidence in new times of trouble.

C. We need to be honest that our own sins often compound our troubles, so we need to be ready to confess whatever we have done to contribute to our situations.

1. The reference to David's sin (v. 12) means that this psalm is not a prophecy about Christ.
2. Hebrews 10:5ff applies vv. 6-8 to Jesus, but that does mean it is a prophecy. Jesus fulfills the pattern of this psalm via typology.

PSALM 40

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PURPOSE: As David cries out for help in a great plight partly brought on by his own sins, he recounts a great past deliverance for which he had made a famous public thank offering. He longs to offer such public thanks again after deliverance from his new trial.

Type: Penitential Lament with a Rehearsal of Thanks
Author: David **Date:** Some time after the Tabernacle's Restoration in 1003 BC
Note: Messianic by means of typology (see v. 12)

HEADINGS	REMEMBRANCE OF PAST DELIVERANCE: YAHWEH'S DELIVERANCE & DAVID'S PUBLIC THANKS RECOUNTED VV. 1-10		LAMENT OVER NEW DISTRESSES: DAVID'S PETITION FOR YAHWEH'S MERCY & HELP VV. 11-17	
Authorization of the Choir Director Author David	RECORD OF PAST DELIVERANCE VV. 1-5	RECORD OF PAST CELEBRATION VV. 6-10	INTRODUCTORY CONFESSION VV. 11-12	PLEA FOR HELP VV. 13-17
	<p>Yahweh's Deliverance Described vv. 1-3</p> <p>Cry for Help v. 1</p> <p>Divine Response & Deliverance vv. 1b-2</p> <p>Inspiration of a Song of Thanks as a Testimony v. 3</p> <p>David's Song of Thanks Summarized vv. 4-5</p> <p>The Blessedness of Trusting Yahweh v. 4</p> <p>The Incomparable Kindness of Yahweh v. 5</p>	<p>David's Resolve to Offer Thanks from the Heart vv. 6-8</p> <p>His Commitment to Real Righteousness, not Mere Ritual v. 6</p> <p>His Understanding of His Kingly Responsibility v. 7</p> <p>His Delight to Fulfil His Responsibilities v. 8</p> <p>David's Recollection of a Very Public Thank Offering vv. 9-10</p> <p>Yahweh's Awareness of David's Thank Offering at Tabernacle v. 9</p> <p>David's Affirmative Confession of Yahweh's Salvation v. 10</p>	<p>Confession of Faith v. 11</p> <p>Divine Compassion Not Restrained v. 11a</p> <p>Divine Faithfulness Continually Active v. 11b</p> <p>Confession of Sin v. 12</p> <p>Overwhelmed by His Situation & Sin v. 12a</p> <p>Despondent over His Failure & Predicament v. 12b</p>	<p>Initial Plea for Deliverance v. 13</p> <p>Imprecation for Exploitive Enemies vv. 14-15</p> <p>Prayer for Disgrace on Those Seeking His Downfall v. 14</p> <p>Prayer for Reversal of Shame on Those Who Shame Him v. 15</p> <p>Request for Corporate Deliverance v. 16</p> <p>A Cause for Multiplied Joy v. 16a</p> <p>A Cause for Ongoing Offerings of Thanks v. 16b</p> <p>Concluding Plea for Deliverance v. 17</p>