**Mizmor Arbahim**

**Psalm 40**

**A Psalm of Prayer and Thanksgiving**

**Introduction**

**What is it about?**

**TITLE COULD BE PRAISE AND THANKGSGIVING ARE KEY TO PRAYER**

**Jewish version**

* David has returned to full health from a debilitating illness
* But after verse 12 we realise he is still beset by many dangers and still in the thick of it.
* Again the Jewish commentators see this Psalm as Israel enduring slavery by the Egyptians.
* Make reference to Why it is unclear if it is an illness or a battle ? I think it was illness because Psalm 41 talks about sickness
* WHY SHOULD IT MATTER ?
* it could apply to our life as with Paul’s ‘thorn in the flesh’
  + 2 CORINTHIANS 12 V 7

there was given to me a thorn in the flesh, the messenger of Satan to buffet me, lest I should be exalted above measure

* It’s also known as the Psalm of Christ as it can be seen to make reference to the ultimate sacrifice and MESSIANIC REDEMPTION
* WHAT DOES MESSIAH MEAN ?
* Messiah means –
  + anointed one
  + Saviour
  + Liberator

**Interesting aspects**

1. This Psalm starts with a thanksgiving an ends in a ‘lament’ of a petition / plea. OTHER WAY ROUND
2. **Lament** - passionate expression of grief or sorrow.

synonyms: wail, wailing, lamentation, moan, moaning, groan, weeping, crying, sob, sobbing, keening, howl, complaint

1. Verses 13 – 17 makes up Psalm 70

**VERSE 1**

**I waited patiently for the LORD; and he inclined unto me, and heard my cry.**

* Waiting on the Lord is key to our lives
* Think about our Lord Jesus that his purpose was to be a sacrifice for man’s sins so that man would not perish – John 3 v 16
* It took him 28 – 30 years of waiting for this.
* RAISON D’ETRE – His SOLE reason to exist
* EVEN Jesus was tempted but he was persistent AND HE WAITED
* When we waiting on its not like Waitrose line, but intently i.e. waiting for my Father’s surgery to complete in Tel Aviv.
* **Psalm 37 v 7**
* Rest in the LORD, and wait patiently for him: fret not thyself because of him who prospereth in his way, because of the man who bringeth wicked devices to pass
* FRET MEANS NOT TO WORRY
* **Isaiah 25 v 9**

And it shall be said in that day, Lo, this is our God; we have waited for him, and he will save us: this is the LORD; we have waited for him, we will be glad and rejoice in his salvation

**VERSE 2**

**He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.**

* **Jewish commentary**
  + God does not bend down towards us, he chooses not to interfere in the normal course of events to effect his salvation !!
  + Mire means soggy and can also mean a bog
  + They make reference to Quicksand which implies there is no escape from the consequences of sin.
  + Hebrew translates as pit of noise – splashing and the depth in Jeremiah v 38
    - * INSERT PICTURE
      * WHEN ITS DRY ITS JUST MUDDY
      * RAINS – FILLS UP
  + David talks about slippery clay and it may have been a reference to the Israelites in slavery in Egypt - Muck and clay that they used whilst building their bricks in Egypt.

**From a Christian viewpoint**

* Yeshua didn’t just bend over he EMPTIED HIMSELF AS PER CJB
* gave his life so we could have eternal life to be with him .
* **Phillipians 2 v 7**
  + **But made himself of no reputation , and took upon him the form of a servant, and was made in the likeness of men:**
  + **On the contrary, he emptied himself, in that he took the form of a slave by becoming like human beings are. And when he appeared as a human being,**
* Another train of thought that this relates to Jesus Christ being crucified i.e. in the pit of death who took on Gods cup of wrath who rose to be at his Father’s right hand in heaven, again another interpretation of the Rock being heaven.

**VERSE 3**

**And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.**

* New song – on the threshold of death - song implies new life
* Hymn calling on everyone to sings God’s praises

**REFERENCES TO FEAR IN THE BIBLE**

* Reminiscent of what the Israelites saw when the Red Sea was parted and the Egyptian were destroyed.
  + **Exodus 14 v 31**

And Israel saw that great work which the LORD did upon the Egyptians: and the people feared the LORD, and believed the LORD, and his servant Moses.

* Proverbs ‘Fear of the Lord is the beginning of wisdom’
  + **PROVERBS 1 v 7**

**The fear of the LORD is the beginning of knowledge: but fools despise wisdom and instruction**

* (Hebrew translates ‘BEGINNING’ as the ‘PRINCIPAL’ part of wisdom)

**VERSE 4**

**Blessed is that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies.**

* People who are arrogant and do not love the Lord leads them to their death.
* Some people lie to get themselves out of the pit
* Who has ever lied ?
* I was a rubbish liar
  + When I was a kid Mum send to shop – fell down the grid.
  + Chocolate on face
  + Kids if you are going to lie at least clean your face up.
* Interesting fact is that Hebrew text refers to lies as ‘false gods’ – ‘Sea monsters (RAHAB )which references Canaanite mythology
* Talmud call him the "Prince of the Sea,"
* IN YOUR CHILDRENS BOOK OF CANAANITE MONSTERS YOU WILL SEE THIS…
  + - PICTURE OF RAHAB

**VERSE 5**

**Many, O LORD my God, are thy wonderful works which thou hast done , and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered .**

* Thy wonderful works – David as a shepherd looking around him
  + Mountains
  + Sky
  + Sea’s
* Our God is wonderful.
* In Worcester looking at the flowers this week, I don’t thank him for the seagulls that wake up in the morning !!!
* David here is also thought to be thanking God for leading his people out of misery on many occasions

**VERSE 6**

**Sacrifice and offering thou didst not desire ; mine ears hast thou opened : burnt offering and sin offering hast thou not required**

* Hebrew isn’t opened it is digged, reference to ;
  + The Lord has pierced a new ear so David can hear God
* **Receptive ears –** David here refers to Saul who was not receptive to God and hence brought his downfall (God took his holy spirit away from Saul)
* Here Samuel chastises Saul for not completely destroying the Amelekites
* HE DIDN’T LISTEN TO GOD
  + **1 Samuel 15 v 22**

And Samuel said , Hath the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to hearken than the fat of rams

* **Question – why do Jews not sacrifice things anymore;**
  + Line of David destroyed
  + Temple mount not known exactly
    - BUT INSERT PICTURES
    - SLIDE 1 – KOHANIM BLOWING THEIR SILVER TRUMPETS
    - SLIDE 2 – CHILDREN TAKING LAMBS TO BE INSPECTED BY PRIESTS
    - SLIDE 3 – PRIESTS WASH THEIR HANDS AND FEET IN THE COPPER LAVER
    - SLIDE 4 - PRIESTS EXAMINING LAMB FOR IMPERFECTIONS
    - SLIDE 5 – NO NASTY BITS !!
    - SLIDE 6 – PRIESTS PASS THE SILVER MIZRAK TO EACH OTHER AND THEN ONTO THE ALTAR
* **Sacrifices;**
* **2 TYPES** 
  + OLAH – Burnt offering (meat)
  + **Leviticus 1 v 2**
  + Speak unto the children of Israel, and say unto them, If any man of you bring an offering unto the LORD, ye shall bring 3your offering of the cattle, even of the herd, and of the flock

Comment of animal sacrifices were only necessary after the Israelites strayed from God in order to bring them back to repentance.

Jews believe the communal sacrifice atones for all unrecognised sin.

* + CHATAAH - Sin offering (oil and flour)
* What David starts to talk about here is how sacrifices are not enough
* Reference to book of Hebrews
* Prophetic representation of the new covenant between God through his son Jesus Christ.
  + **Hebrew 10 v 10-12**

By the which will we are sanctified through the offering of the body of Jesus Christ once for all.

11. And \* every priest standeth daily \* ministering and offering oftentimes the same sacrifices, which can never take away sins:

12. But this man, after he had offered one sacrifice for sins for ever, sat down on the right hand of God;

**VERSE 7**

**Then said I, Lo, I come : in the volume of the book it is written of me**

* What book is he referring to ??
* 3 possible references – depending on if your Jewish or not.
  1. **Exodus 24 v 7**

And he took the book of the covenant, and read in the audience of the people: and they said , All that the LORD hath said will we do , and be obedient .

* 1. **Proverbs 3 v 3**

Let not mercy and truth forsake thee: bind them about thy neck; write them upon the table of thine heart: – tablet of the heart

* 1. Book of life as mentioned in Revelation 20 v 15 as well as MY GRANDMA

**Revelation 20 v 15**

And whosoever was not found written in the book of life was cast into the lake of fire.

**VERSE 8**

**I delight to do thy will, O my God: yea, thy law is within my heart**

* I only want to serve you through my own genuine desire
* Translates as Innards in the midst of my bowels.
* We say in the Lords prayer – Thy will be done, not my will !!! – AGAIN A REFERENECE TO THE WILL OF GOD THAT JESUS WAS A SACRIFICE FOR OUR SIN
  + **Hebrews 10 v 7**

Then said I , Lo , I come (in the volume of the book it is written of me,) to do thy will, O God.

* Your Torah / your Law my God is within my heart and not on a book that I carry around with me
* (HOW COULD I CARRY AROUND SOME OF MY BOOKS !!!!)
* ALSO IT IS MENTIONED OF GODS WILL FOR HIS SON TO DIE AT CALVARY
  + **John 4 v 34**

Jesus saith unto them, My meat is to do the will of him that sent me, and to finish his work.

**VERSE 9**

**I have preached righteousness in the great congregation: lo, I have not refrained my lips, O LORD, thou knowest.**

* Again another reference to Christ as he preached to the world , what the bible is clear is whenever he preached , thousands gathered to hear him. i.e. feeding of the five thousand.
* He preached the truth to the men and women and he also preached about the falseness of the Pharisees.

**VERSE 10**

**I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation.**

* Repetition again in David’s Psalm
  + Saving help
  + Faithfulness to him
  + His salvation
  + Steadfast/ unfaltering love
* These were always on David’s lips and they should be an inspiration because sometimes we don’t feel like praising him.
* I have not hid, he hasn’t hid the truth, think about when you knew God but weren’t a Christian, I knew a minister who found it difficult to talk to colleagues at work
* Also in the face of persecution it is difficult – ISIS

**VERSE 11**

**Withhold not thou thy tender mercies from me, O LORD: let thy lovingkindness and thy truth continually preserve me.**

* Here is where David brings a plea to God with a strong confidence
* He is asking God not to withhold compassion
* Why has it gone from praise to a request for tenderness
  + Remember in life when things are going well and we think what is round the corner ? in church one time …….

**VERSE 12**

**For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up ; they are more than the hairs of mine head: therefore my heart faileth me.**

* Compare with verse 5, many sins vs many thoughts of love
* Again he talks about many evils and he cannot see a way forward
* Like clouds hiding a clear way out of his problems
* ‘mine iniquities’ – again he searches his heart if he has offended God.
* James talks about this as being guilty on all counts after examining oneself
  + **James 2 v 10**
  + For whosoever shall keep the whole law, and yet offend in one point, he is guilty of all.

**VERSE 13**

**Be pleased , O LORD, to deliver me: O LORD, make haste to help me.**

* David moves to plea for help – quickly – make haste…QUICK I’M HERE GOD.
* He hopes divine deliverance will return

**VERSE 14**

**Let them be ashamed and confounded together that seek after my soul to destroy it; let them be driven backward and put to shame that wish me evil.**

* David wants to see his enemies put to shame those who want his eternal damnation ;
  + **Deut 2 v 15**

For indeed the hand of the LORD was against them, to destroy them from among the host, until they were consumed .

* Who is he referring to ?
  1. Enemies of the Israelites
  2. Devil – we talked last week as satan being a divider of houses
  + Also discussed in

**1 Peter 5 v 8**

Be sober , be vigilant ; because your adversary the devil, as a roaring lion, walketh about , seeking whom he may devour

**VERSE 15**

**Let them be desolate for a reward of their shame that say unto me, Aha, aha.**

* Seemingly like children in a playground……..
  + **Psalm 35 v 21**
  + **Yea, they opened their mouth wide against me, and said , Aha, aha, our eye hath seen it.**
* BUT THIS IS SOMETHING DEEPER
* Some commentators see this as the cruelty inflicted on Jesus at the Passion when he was mocked ?
  + **Mark 15 v 29** – Good News Bible / NKJV
  + **And those who passed by blasphemed Him, wagging their heads and saying, "Aha! You who destroy the temple and build it in three days**

**VERSE 16**

**Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The LORD be magnified .**

* David is rejoicing in salvation
* Magnified definition better in **CJB**
  + "ADONAI is great and glorious!"

**VERSE 17**

**But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer ; make no tarrying , O my God.**

* Repetition of help form the Lord which we all will in our life
* Sometimes sinners don’t know they are in a pit, that’s me, easy life money and are comfortable then you have no need for God
* But I am glad that my Lord allowed me to fall into a pit so I was aware of my sin.
* Not good at the time

**SUMMARY**

1. **DON’T TRY AND RESCUE YOURSELF FROM YOUR PIT**
2. **PEOPLE THINK THEY CAN THROUGH;**
   1. **LIVING FOR TODAY – JOHN**

**LENNON**

* 1. **SELF HELP BOOKS**
  2. **OTHER RELIGIONS**
  3. **MATERIALISM**

1. **THEY DON’T BRING YOU HAPPINESS**
2. **GOD MIGHT ALLOW US TO FALL INTO PITS SO THAT WE MIGHT THINK ABOUT IT …DAVID CONSTANTLY LOOKED AT HIMSELF IF HE HAD MISSED SOMETHING TO THANK GOD FOR OR HE WILL SINFUL IN A CERTAIN AREA**
3. **THANKSGIVING IS THE OTHER HALF TO DELIVERENECE , IF YOU DON’T THANK GOD FOR WHEN HE ANSWERS PRAYER THEN THAT’S ONLY HALF THE DELIVERENCE**
4. **THINK ABOUT THE LINK BETWEEN THANSGVING AND PRAYER –**

**ANSWERED PRAYER SHOULD LEAD TO FURTHER PLEAS IN OUR LIFE , GOD WANTS US TO PRAY TO HIM**

**SOMETIME HE ANSWERS PRAYER IN WAYS WE ARENT EXPECTING I.E. HIS WILL BE DONE**

**ASK AND IT SHALL BE GIVEN UNTO YOU**

**FAITH IS BUILT SAYING – IF YOU HAVE DONE IT IN THE PAST YOU AND YOU CAN DO IT AGAIN**

1. **IF YOU THINK ABOUT THANKSGIVING BEST VERSE THAT CAME TO MIND WAS THE 10 LEPERS WHO CHRIST HEALED**

**Please TURN WITH ME TO ……………..**

**LUKE 17 V 15-19**

**And one of them, when he saw that he was healed , turned back , and with a loud voice glorified God,**

**16 And fell down on his face at his feet, giving him thanks : and he was a Samaritan.**

**17 And Jesus answering said , Were there not ten cleansed ? but where are the nine?**

**18 There are not found that returned to give glory to God, save this stranger. 19 And he said unto him, Arise , go thy way : thy faith hath made thee whole .**