

### **Psalm 40:1-12<sup>iii</sup>**

I waited patiently upon the LORD; \*  
he stooped to me and heard my cry.  
He lifted me out of the desolate pit, out of the mire and clay; \*  
he set my feet upon a high cliff and made my footing sure.  
He put a new song in my mouth,  
a song of praise to our God; \*  
many shall see, and stand in awe,  
and put their trust in the LORD.  
Happy are they who trust in the LORD! \*  
they do not resort to evil spirits or turn to false gods.  
Great things are they that you have done, O LORD my God!  
how great your wonders and your plans for us! \*  
there is none who can be compared with you.  
Oh, that I could make them known and tell them! \*  
but they are more than I can count.  
In sacrifice and offering you take no pleasure \*  
(you have given me ears to hear you);  
Burnt-offering and sin-offering you have not required, \*  
and so I said, "Behold, I come."  
In the roll of the book it is written concerning me: \*  
'I love to do your will, O my God;  
your law is deep in my heart.'"  
I proclaimed righteousness in the great congregation; \*  
behold, I did not restrain my lips;  
and that, O LORD, you know.  
Your righteousness have I not hidden in my heart;  
I have spoken of your faithfulness and your deliverance; \*  
I have not concealed your love and faithfulness from the great congregation.  
You are the LORD;  
do not withhold your compassion from me; \*  
let your love and your faithfulness keep me safe for ever.

---

### **iii About the Psalm: Psalm 40:1-12**

The first part of this psalm is a thanksgiving (vv. 1-10); the second part (vv. 11-17) is a lament, of which verses 13-17 are almost identical with Psalm 70. Verses 1-10 record the psalmist's deliverance by God and his remembrance of all God's mighty acts in history for Israel. Verse 6 is a reminder that self-offering and obedience to the LORD's will are the interior disposition of which the sacrifice is intended to be a sign. Verses 7-10 were later used of Jesus as the fulfillment of the sacrificial system (Hebrews 10:5-7).