

Scripture

Psalm 40:1-17 (NLT)

A psalm of David.

- 1 I waited patiently for the Lord to help me,
and he turned to me and heard my cry.
- 2 He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along
- 3 He has given me a new song to sing,
a hymn of praise to our God.

Many will see what he has done
and be amazed.

They will put their trust in the Lord.

- 4 Oh, the joys of those who trust the Lord,
who have no confidence in the proud
or in those who worship idols.
- 5 O Lord my God, you have performed many
wonders for us.

Your plans for us are too numerous to list.

You have no equal.

If I tried to recite all your wonderful deeds,
I would never come to the end of them.

6 You take no delight in sacrifices or offerings.
Now that you have made me listen,
I finally understand —
you don't require burnt offerings
or sin offerings.

7 Then I said, "Look, I have come.

As is written about me in the Scriptures:

8 I take joy in doing your will, my God,
for your instructions are written on
my heart."

9 I have told all your people about your justice.

I have not been afraid to speak out, as you, O Lord, well know.

10 I have not kept the good news of your justice hidden in my heart;

I have talked about your faithfulness and saving power.

I have told everyone in the great assembly of your unfailing love and faithfulness.

11 Lord, don't hold back your tender mercies
from me.

Let your unfailing love and faithfulness
always protect me.

12 For troubles surround me—
too many to count!

My sins pile up so high

I can't see my way out.

They outnumber the hairs on my head.

I have lost all courage.

13 Please, Lord, rescue me!

Come quickly, Lord, and help me.

14 May those who try to destroy me

be humiliated and put to shame.

May those who take delight in my trouble

be turned back in disgrace.

15 Let them be horrified by their shame,

for they said, “Aha! We’ve got him now!”

16 But may all who search for you

be filled with joy and gladness in you.

May those who love your salvation

repeatedly shout, “The Lord is great!”

17 As for me, since I am poor and needy,
let the Lord keep me in his thoughts.
You are my helper and my savior.
O my God, do not delay.