



For Further Study

Read and meditate on the passage below:

- ¹ I waited patiently for the Lord;
he turned to me and heard my cry.
- ² He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
- ³ He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him. (Psalm 40:1-3)

This passage comes from a psalm that is attributed to, for or by David. The song begins with a celebration of God's deliverance. The author speaks of God's patience to turn to him in his hour of need. He says that God heard or listened (shema) with the intent to act. Then, God lifted the author from the pit and out of the mud and mire. It is uncertain whether this is meant to be literal, but it appears to be a poetic metaphor of being in a difficult and depressing situation.

God delivered him from the troubles he was in and set his feet on a rock, giving him a firm place to stand. He provided the psalmist with a new song to sing as a praise to God. Perhaps this psalm (or its earliest version) is the very song that he is referring to. The song is intended to bring a reverential fear to all who hear it. The goal is that others might turn to God and put their trust in the Lord just as the psalmist has done.

When has God heard your cry for help? What song might you sing to celebrate God's care and provision in your life? You don't have to write a song, but you might consider picking a playlist of songs to celebrate God's shema.

PRACTICE:
Spend time worship-
ping God for his
deliverance in your life.

