### Psalms

## Chapter 40

To the [music] director:  
  
A Psalm by David.  
  
  
  
  
1I’ve endured and waited on God,  
 Then He noticed and heard what I prayed.  
 2He led me from the misery of the pit…  
 From the mud and slime, He removed me.  
  
Then He stood my feet on a rock,  
 And straightened the paths that I walk.  
 3He put a new song in my mouth…  
 A sacred hymn to my God.  
  
When they’re afraid, many look to the Lord.  
 4And blest are those who trust in His Name…  
 Those who don’t search for what’s foolish,  
 And those who don’t act in rash ways.  
  
5O Jehovah,  
  
You’ve done such wonderful things…  
 Wondrous and great are Your ways, O my God,  
 And there are none who are equal to You!  
 So I’ll speak and tell of Your glorious ways  
 And the unnumbered ways they keep growing.  
  
6Sacrifices and offerings, You didn’t want,  
 Nor did You seek whole burnt offerings  
 Or sacrifices for [the covering of] sins;  
 Yet, You prepared a body for me.  
  
7So I said:  
  
 ‘Look, I’ve arrived…  
 In the knob of the scroll this was written about me:  
  
 8‘I’ve come to do Your Will, O my God;  
 ‘For Your Laws lie deep in my [heart].’  
  
 9‘I’ve announced the good news of [Your] righteous ways  
 Among the great congregation…  
 O Lord, I’ve not held back my lips!  
  
 10‘I’ve not hidden Your righteous ways in my heart,  
 And I’ve told the truth about Your salvation…  
 I’ve not hidden Your mercy and truth  
 Before the great congregation.  
  
 11‘So Jehovah, don’t hide Your compassions from me…  
 May Your mercy and truth give me strength.  
  
 12‘Bad things are now all around me,  
 For my lawless deeds overtook me  
 And I’m no longer able to see.  
 They’ve multiplied like the hairs on my head,  
 And by my own heart, I’m abandoned.  
  
 13‘So think well of me and save me, O God…  
 O Jehovah, pay attention and help me!  
 14May those who are seeking my life  
 (Those who wish to lift it away)  
 Together, feel shame and disgrace.  
  
 ‘May those who wish to do evil  
 Feel shame and be forced to back off.  
 15Let them feel their shame right away…  
 Those who are saying of me:  
  
 ‘Well done, yes very well done.’  
  
 16‘May all those who seek You be happy, O Lord,  
 And may they start shouting in joy…  
 May all that love Your salvation  
 Start shouting aloud, ‘Praise Jehovah!’  
  
17I now find myself poor and in need;  
 So, please don’t forget me, my God.  
 Since You’re my defender and helper,  
 Please don’t wait or delay!