

## Psalm 40:1-4

My Help and My Deliverer

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

*He drew me up from the pit of destruction,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.*

*He put a new song in my mouth,  
a song of praise to our God.*

*Many will see and fear,  
and put their trust in the LORD.*

*Blessed is the man who makes the LORD his trust,  
who does not turn to the proud,  
to those who go astray after a lie!*

Doubts and fears about the eternal state, are a horrible pit and miry clay, and have been so to many a dear child of God. There is power enough in God to help the weakest, and grace enough to help the unworthiest of all that trust in him. The psalmist waited patiently; he continued believing, hoping, and praying. This is applicable to Christ. His agony, in the garden and on the cross, was a horrible pit and miry clay. But those that wait patiently for God do not wait in vain. Those that have been under religious melancholy, and by the grace of God have been relieved, may apply Psa\_40:2 very feelingly to themselves; they are brought up out of a horrible pit. Christ is the Rock on which a poor soul can alone stand fast. Where God has given steadfast hope, he expects there should be a steady, regular walk and conduct. God filled the psalmist with joy, as well as peace in believing. Multitudes, by faith beholding the sufferings and glory of Christ, have learned to fear the justice and trust in the mercy of God through Him. Many are the benefits with which we are daily loaded, both by the providence and by the grace of God. - *Matthew Henry, MHCC*