

## **Meditation 20, Psalms 39 & 40: “The LORD Lifted Me From the Miry Pit.”**

*“Man walks about as a mere shadow; mere futility is his hustle and bustle, amassing and not knowing who will gather in... You chastise a man in punishment for his sin, consuming like a moth what he treasures. No man is more than a breath.” 39:7, 9*

*“I put my hope in the LORD; He inclined toward me, and heeded my cry. He lifted me out of the miry pit, the slimy clay, and set my feet on a rock, steadied my legs. He put a new song into my mouth, a hymn to our God. May many see it and stand in awe, and trust in the LORD. Happy is the man who makes the LORD his trust.” 40:1-5a*

Psalm 39 is a picture of frustration and negativity. In his mind the Psalmist was in flames over something done him by others. He felt insecure about everything in life – wondered how long he would live and felt frustrated that all his possessions and accomplishments would be taken over by somebody else. He was in spiritual turmoil, felt his sins had caused God to punish him. He despaired over everything going on in his life. As some very pessimistic humorist wrote, “gloom, despair and agony on high, if it weren't for bad luck I'd have no luck at all.” That's how the Psalmist felt about his life, at least till he turned his eyes upward and started looking to the LORD.

Psalm 40 describes his turn from despair to hope. He took his eyes from the negative things in his life and the world and sought after God. He confessed his own errors and glorified God in prayer. In His grace the LORD heard the writer's prayer and lifted him from the pit of despair. The LORD gave the Psalmist a new joy and a song of praise to sing in the gathering of the faithful. The Psalmist experienced anew the joy of his salvation and rejoiced that it had come from God!

***Prayer: “Lord God, help me to turn from negativity and hopelessness to trust in you. Cause me to cease from my sins and experience again the joy of your salvation. Give me new joy and hope. Amen.”***