

A BIBLICAL STUDY ON FEAR  
LESSON TWENTY-EIGHT: SING HIS PRAISES

by Sandy Harber

"And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the Lord." Psalm 40:3

David opened Psalm 40 by stating that he waited patiently on the Lord's timing. He had a problem: he felt trapped, stuck in a pit that he was unable to escape from. When he tried, he felt his feet slipping and sliding as on slick, miry clay (v. 2). He couldn't escape the pit in his own strength so he called upon the Lord for help. Then, he waited patiently for God's answer.

Like David, we sometimes find ourselves trapped in a pit from which we are unable to escape. It may be a situation over which we had no control: illness, loss of employment, death of a loved one, or a relationship break-up, to name a few. In our "pit" we worry about what the future will bring. We might even try to pull ourselves out. But the path out is slippery and we slide right back into the pit. When we recognize our own helplessness we can call on the Lord for help.

David was rewarded for his patience. In response to his prayer, God: 1) heard his cry (v. 1); 2) delivered him from the pit (v.2); 3) set him on a firm foundation (v. 2); 4) established him so that he would not slide back into the pit (v. 2); and, 5) gave him a song to sing (v. 3). God heard David's prayer when it was uttered. But He waited until the time was "right" to answer him. God is never too early or too late with His responses. David wisely waited on God's timing. We can be assured that God hears our prayers and He will answer at precisely the right moment. Our part is to wait patiently. That means trusting God to handle our problem. And, let it go - don't continue to worry about it.

In His time and in His way God will deliver us from our personal pit just as He did for David. Remember that God is sovereign. He allowed these situations to come into our lives. Our part is to trust Him. We should view our problems as opportunities to learn and grow in the faith. When David was delivered from his pit God set him on a Rock. He was moved from a very low place to a very high one; from a very unstable, slippery place, to a very solid and safe one. The "Rock" on which God placed David is available to us, as well. That Rock is Jesus. He is the foundation upon which we stand (I Cor. 3:11). Upon that foundation our feet are established so that we will not slip back into the pit (Psalm 37:23-24).

When he was delivered, David declared that the Lord had put a new song in his mouth. David had written many songs in his life, which we have preserved for us in the book of Psalms. This new song was one of praise to the God Who had heard his prayer and delivered him. Moses and Miriam led the children of Israel in a song to celebrate their deliverance from Pharaoh's army (Ex. 15:1-22). Paul encouraged believers to "sing and make melody in your heart to the Lord" (Eph. 5:19). John witnessed a scene in the throne room of heaven where the 24 elders, representatives of the Church, fell down before Jesus and sang a new song praising Him for what He had done for His Church (Rev. 5:9). Likewise, the 144,000 Jewish males chosen to be His witnesses during the Tribulation will sing a new song before His throne because they are redeemed (Rev. 14:3).

David said that many people would witness his deliverance and hear his song of praise. Their eyes would be opened to the goodness of God and they would "fear" and trust Him. Why does God allow good people to suffer trials? Here is one reason: so that unbelievers will see His deliverance and be persuaded to put their trust in Him.

"Fear" in Psalm 40:3 is the good kind of fear. That reverential awe with which we regard God. And the circumstances that bring out that awe fills our hearts so full that we can't contain it. We must let it out in a song of praise. Those songs can help us to overcome the bad kind of fear, too. The words of our hymns, praise choruses, and contemporary Christian music remind us of the Person and works of God. Next time fear creeps up on you, try meeting it with a song.

*"Speaking to yourselves in psalms and hymns and spiritual songs, singing and making melody in your heart to the Lord." Ephesians 5:19*