PSALM

# 41

XLI

## Lament Turning

**Psalms of David** · Book I

*"For the Chief Musician. A Psalm by David."*

PICTURE WORD

**Heel**

### IN ONE SENTENCE

*Blessed is the one who cares for the poor; though a close friend betrays David, the LORD upholds and raises him up.*

**Remember it:** Forty-one: the friend who shared my bread lifted his heel.

### MEMORY VERSE

Yes, my own familiar friend, in whom I trusted, who ate bread with me, has lifted up his heel against me.

Psalm 41:9 · World English Bible

### HEBREW WORD

עָקֵב

*"heel" · verse 9*

In the Psalms: four times, in 4 psalms

עָקֵב means "heel." Jacob got his name from grabbing Esau's heel at birth. To lift up the heel against someone is to kick like a mule, a picture of betrayal by someone close. Jesus applied this verse to Judas at the Last Supper.

### HOW THE PSALM MOVES

| | |
|---|---|
| 1–3 | Blessed is the one who cares for the poor. |
| 4–9 | Sick and slandered, David is betrayed by a close friend. |
| 10–12 | He asks the LORD to raise him up and uphold him. |
| 13 | A blessing closes Book One: Amen and amen. |

### IN THE NEW TESTAMENT

v. 9 → **John 13:18** Judas: the one who ate my bread has lifted up his heel against me.

### MY NOTES

**Listen.** Hear Psalm 41 sung in the **Psalm Song** app, or free at **ispress.de/psalms/41**.

**Cantillated.** Sung: chanted back and forth between a leader and the people.

Enemies & Betrayal | God Will Not Abandon You

## FILL IN THE BLANKS

Blessed is the one who cares for the _____; though a close _____ betrays David, the LORD _____ and raises him up.

## CHECK YOURSELF

**1.** What did David's familiar friend do?

- (A) Lifted up his heel against him
- (B) Brought him bread
- (C) Healed his sickness
- (D) Defended his name

**2.** What do David's enemies ask?

- (A) "Where is his God?"
- (B) "When will he die, and his name perish?"
- (C) "Who is his father?"
- (D) "Why is he king?"

**3.** How does David know the LORD delights in him?

- (A) He became rich
- (B) His friends returned
- (C) His enemy doesn't triumph over him
- (D) He was made king

## TALK IT OVER

1. What is promised to the person who considers the poor?

2. How does Jesus' use of verse 9 help us understand his suffering?

3. How should a Christian respond when betrayed by someone close?

## IN YOUR OWN WORDS: WHAT DOES PSALM 41 TEACH?

- ☐ I listened to the song
- ☐ I can say what it teaches
- ☐ I can say verse 9 by heart
- ☐ I know the picture word

**Answers** Blanks: poor · friend · uphold · Check yourself: 1. A (v. 9) · 2. B (v. 5) · 3. C (v. 11)