

**Psalm 41 (NASB)**

**How blessed is he who considers the helpless;  
The LORD will deliver him in a day of trouble.  
The LORD will protect him and keep him alive,  
And he shall be called blessed upon the earth;  
And do not give him over to the desire of his enemies.  
The LORD will sustain him upon his sickbed;  
In his illness, You restore him to health.**

**As for me, I said, "O LORD, be gracious to me;  
Heal my soul, for I have sinned against You."  
My enemies speak evil against me,  
"When will he die, and his name perish?"  
And when he comes to see me, he speaks falsehood;  
His heart gathers wickedness to itself;  
When he goes outside, he tells it.  
All who hate me whisper together against me;  
Against me they devise my hurt, saying,  
"A wicked thing is poured out upon him,  
That when he lies down, he will not rise up again."  
Even my close friend in whom I trusted,  
Who ate my bread,  
Has lifted up his heel against me.**

**But You, O LORD, be gracious to me and raise me up,  
That I may repay them.  
By this I know that You are pleased with me,  
Because my enemy does not shout in triumph over me.  
As for me, You uphold me in my integrity,  
And You set me in Your presence forever.**

**Blessed be the LORD, the God of Israel,  
From everlasting to everlasting.  
Amen and Amen.**

How would you like to be sick and have your close friends wish that you would die? I can't imagine it, but that seems to be the situation this psalmist is in. If you can't trust anyone when you're down, not even your close friends, who can you trust? God. The prevalence of this theme teaches us that it is a critical theme in the life of the faithful.

Interestingly, the psalmist appeals to God for mercy so that he can regain his strength and administer justice. He wants the evil people to get what they deserve, and we can empathize with that attitude. There is a difference between someone who is wicked through-and-through and someone who is not defined by his or her sin. That may help us understand the psalmist's plea that he be spared so that he can "repay" his enemies.

My favorite part of this psalm is the first stanza. The psalmist recognizes that the Lord takes care of those who take care of others. We've all heard the phrase, "The Lord helps those who help themselves." But this psalmist teaches us a better way: The Lord helps those who help others. This psalmist bases his whole appeal to God on the fact that he is one who "considers the helpless." It is a powerful reminder to us that if we expect God to protect and provide for us, we had better join Him in His cause. Instead of walking on the fallen, we need to lift them up. This is what God does for us. Blessed by the Lord.