

Psalm 40 New American Standard Bible

God Sustains His Servant.

I waited patiently for the Lord; And He inclined to me and heard my cry. ² He brought me up out of the pit of destruction, out of the miry clay, And He set my feet upon a rock making my footsteps firm.

³ He put a new song in my mouth, a song of praise to our God; Many will see and fear And will trust in the Lord. ⁴ How blessed is the man who has made the Lord his trust, And has not turned to the proud, nor to those who lapse into falsehood.

⁵ Many, O Lord my God, are the wonders which You have done, And Your thoughts toward us; There is none to compare with You. If I would declare and speak of them, They would be too numerous to count. ⁶ Sacrifice and meal offering You have not desired; My ears You have opened; Burnt offering and sin offering You have not required.

⁷ Then I said, "Behold, I come; In the scroll of the book it is written of me." ⁸ I delight to do Your will, O my God; Your Law is within my heart." ⁹ I have proclaimed glad tidings of righteousness in the great congregation; Behold, I will not restrain my lips, O Lord, You know. ¹⁰ I have not hidden Your righteousness within my heart; I have spoken of Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth from the great congregation.

¹¹ You, O Lord, will not withhold Your compassion from me; Your lovingkindness and Your truth will continually preserve me. ¹² For evils beyond number have surrounded me; My iniquities have overtaken me, so that I am not able to see; They are more numerous than the hairs of my head, And my heart has failed me.

¹³ Be pleased, O Lord, to deliver me; Make haste, O Lord, to help me.

¹⁴ Let those be ashamed and humiliated together Who seek my life to destroy it; Let those be turned back and dishonoured Who delight in my hurt. ¹⁵ Let those be appalled because of their shame Who say to me, "Aha, aha!" ¹⁶ Let all who seek You rejoice and be glad in You; Let those who love Your salvation say continually, "The Lord be magnified!" ¹⁷ Since I am afflicted and needy, Let the Lord be mindful of me. You are my help and my deliverer; Do not delay, O my God.

We will use five tools on our expedition that are built around five questions

What questions were provoked within you?
Did anything confuse you?
Did anything move you emotionally?
Did God instruct you to do something?
Did you gain any insight into God's character?

David says 'I waited for the Lord' - why does the Lord make you wait for Him?

1. What is it to be patient?
2. It was while things were not going so well for David, while he is in the pit, that the Lord made him wait.
3. Living life without God is like walking through life treading on mud, it is not solid ground.
4. Conviction and confidence come when you know something.
5. Fear and uncertainty undermine everything you know.
6. When God gives you a new song you will find your way through life.
7. Joy will find a way of expressing itself, often out of your mouth.
8. When your heart knows something, you praise God and tell of His great deeds.
9. They will see your testimony of how you are managing life trusting in God.
10. Trust is the key to conviction in relationship - even when you are in the pit.
11. Listening to the many is unwise, if the many are leaning on their own understanding and not trusting in God.
12. No one can compare with God, no one has done what God has done, there is only one creator and it is God.
13. God's gracious gifts of blessings are beyond number.
14. Israel's access to God via the law and sacrifice was provided for the purpose of recovery, but God would have preferred they were obedient to his will.
15. Are Gods laws written on our hearts?
16. You can stop a dog from biting you by putting a muzzle on its face but that will not take away the desire to bite you, sin is like a wild dog.
17. Do you live and declare the faithful Salvation of the Lord your God to others?
18. David says 'I did not keep the truth about you God hidden, but made it known to everyone.

19. David knew Gods compassion would freely flow towards him because God is faithful even when we are not.
20. Truth is what will preserve you in the day of evil if you stand firm in that truth.
21. Sin and rebellion are at war with God's will for your life.
22. Gods desire is for you to overcome.
23. Sin and rebellion will make you blind to the truth, it will fill your heart with coldness towards God.
24. You will abandon your trust in Him.
25. Even when David is in the pit he knows how to ask God to help - do you?
26. Tolerance of evil and wicked people is not of God.
27. Challenging wrongdoings by wrongdoers is of God.
28. The wicked delight in the downfall of the righteous with an aha, aha.
29. The declaration of truth about God being the rock is what we stand on in all the battles we have against wicked.
30. David knows God will come to his help and rescue him - do you?