

Rhema Christian Center  
Tuesday Bible Teaching  
March 8, 2022 - Teacher: Sarah Twitty  
***PSALM 40 – To the Chief Musician. A Psalm of David***

David is the writer of Psalm 40 and is considered a Messianic prophesy. It is divided in two sections:

Psalm 40: 1-10 – David Praises God for His Faithfulness and Past Deliverance

Psalm 40:11-17 – David's Cries out to God for His Current Needs

### **Benefits of Waiting**

***<sup>1</sup>I waited patiently for the LORD; and He inclined to me and heard my cry. <sup>2</sup>He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps. <sup>3</sup>He has put a new song in my mouth—Praise to our God; many will see it and fear, And will trust in the LORD.***

Waiting on the Lord has finally paid off for David. In Psalms 37, 38, and 39, he waited for the Lord to intervene and rescue him—and in Psalm 40 the Lord did exactly what He promised to do. God always shows up. He may not come on our terms, but in His wise and perfect plan, God rescues us.

David begins this Psalm by saying, ***“I waited patiently”***. This implies that the Lord did not come immediately. In this microwave generation that we live in most people don't enjoy waiting for anything. We look for the shortest line and just when you think we have found it, the person two people ahead of you is having some kind of credit card issue. Or you are in a hurry to go somewhere and the person in front of you has decided to take a Sunday drive or the traffic is backed up on the highway.

This is just the way life is and when you are going through a hard place in life or have a difficult problem, we want resolution as soon as possible, like yesterday. But things don't always work out that way. In God's kingdom, it's imperative that we learn the lesson of David—to wait patiently.

In waiting, you continue to wait. It doesn't mean that you are sitting around being idle or complacent. You are praying, reading God's word, trusting and engaging in kingdom business. Warren Weirsbe says, “Waiting is the divine activity of expecting God to work.” You are trusting and believing that God will do what he promised to do. In Psa. 27:13 David said I would have fainted if I didn't believe that I would see the goodness of the Lord in the land of the living.

After David waited patiently, the Lord ***inclined*** his ear to David. The word **inclined** has the sense of God bending down to David in his affliction. In other words, the Lord turned himself favorably toward David as a result of persevering prayer; and David was comforted by the fact that the Lord ***heard his cry***. He was confident of a favorable answer.

Have you ever prayed, and it seemed like the Lord did not hear your prayer? Maybe guilt and condemnation about something was wearing you down and you felt like God had forsaken you. Please know that this is a tactic of the enemy. ***1 John 1:9 says, “If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness.”*** Satan is an accuser of the brethren. David says in Psalm 51:17, ***a broken spirit and a contrite heart the Lord will not despise.*** I Peter 3:12 goes to say, ***“For the eyes of the Lord are on the righteous, and his ears are open to their prayer. . .”*** God hears your prayers.

David said because the Lord heard my prayer, ***“He . . . brought me up out of a horrible pit.”*** This horrible pit is not a literal pit but was a very uncomfortable spot in David’s life that was causing extreme unrest in his spirit. It was a low place where he felt hopeless and helpless and needed divine intervention.

We don’t know what the nature of David’s horrible pit was in this instance, but we do know about his adulterous relationship with Bathsheba and the murder of her husband Uri; we know about the constant conflict with Saul, and the betrayal of his sons Absalom and Adonijah on two different occasions. We know that God said the sword or trouble would never depart from David’s house as consequence of his sin with Bathsheba. He was forgiven, but there were consequences.

My question for you is what horrible pit or crisis might you be experiencing today?

- Unforgiveness
- Financial issues
- Unfaithful Spouse
- Relationships in general
- Adult Children gone wild
- Work related problems
- Loneliness, Depression
- There are the Besetting sins -- Drugs, alcohol, pornography, road rage, gossiping, and foul language JUST TO NAME A FEW.

***Heb. 12:1 says, “. . . let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us. . .”***

WHATEVER HAS YOU STUCK IN THE MIRY CLAY, know that there is nothing too hard for God. ***LOOK TO JESUS.*** Surrender your life fully to Him. David said ***I will look to the hills from whence comes my help. My help comes from the Lord who made heaven and earth.*** (Psa, 121). In other words, I will look to Jesus Christ.

1 Cor. 10:13 says ***“No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.”*** You don’t have to become a victim of the pit.

Because David waited patiently, he reaped the benefits. The Lord inclined His ear, heard David's cry, and brought him out of the horrible pit.

Verse 2 goes on to say “. . .*and set my feet upon a rock and established my steps.*” Psa. 37:23 says, “*The steps of a good man are ordered by the LORD, and He delights in his way.*” It is wonderful to know that you are standing on the sure foundation and that you are safe. JESUS IS THAT SURE FOUNDATION AND THE ROCK OF OUR SALVATION. As the song says, ON CHRIST THE SOLID ROCK I STAND ALL OTHER GROUND IS SINKING SAND.

To top it off. David says, “*He has put a new song in my mouth—Praise to our God.*” God birthed a new song in David's heart that he could sing back to the Lord. Have you ever been praising God and He birthed a new song in your spirit? You can praise God and fellowship all day long on that song. It is those sweet moments between you and the Savior that causes your cup of blessing to overflow to others.

David further states that “. . .*many will see it and fear and will trust in the LORD.*” Our deliverance is not just for us, but it's so others may see and fear the Lord. *The fear of the Lord is the beginning of wisdom.* (Prov. 9:10). Wisdom means to depart from evil. That means we must avoid evil, or anything that lures us to do evil or wickedness. Stay completely away from sin as a child of God.

### **Make God Your Trust**

*<sup>4</sup> Blessed is that man who makes the LORD his trust, and does not respect the proud, nor such as turn aside to lies.*

We should know by now that the only one worthy of our trust is God. The proud and liars are just about in the same boat. They will do and say things for their own benefit. When you need them the most, they will let you down... Our faith in God is justified. He will not lie. What He has promised, He will do.

David says in Psa. 20:7 “*Some trust in chariots and some in horses, but we trust in the name of the LORD our God.*”

*<sup>5</sup> Many, O LORD my God, are Your wonderful works which You have done; and Your thoughts toward us (including the nation of Israel) cannot be recounted to You in order; if I would declare and speak of them, they are more than can be numbered.*

God had blessed David and the nation of Israel with so many blessings that it would take an eternity to try to number them -- they cannot be numbered.

I wholeheartedly agree. When I think of my own little life going to my childhood and how God watched over me all these years, I couldn't even do it justice because I don't even know all the dangers the Lord kept me from neither can I name all the blessings he has blessed me with because I don't know myself. I just know that the Lord is good. And they used to say back in the day, when I think of the goodness of Jesus and all that he has done for me, my soul cries out hallelujah thank God for saving me.

I know you are blessed, and we should offer sacrifices of praise unto the Lord. One of the ways that we offer sacrifices of praise to the Lord is by obeying his word.

### **God Delights in Our Obedience**

***“In sacrifice and offering you have not delighted, but you have given me an open ear. Burnt offering and sin offering you have not required.”***

In this verse, it mentions four types of offerings that were offered under the law. They were:

- **Sacrifice** (offering made with blood).
- **Offering** (offering made without blood).
- **Burnt offering** (offering of total consecration).
- **Sin offering** (offering to atone for sin).

When David says God does not delight in these sacrifices, he is not minimizing the biblical command. Instead, he is emphasizing the right heart attitude one must have when making an offering. David understood this because he said the Lord had ***opened his ear***—caused him to understand the kind of worship he desired.

The nation of Israel had fallen into meaningless, ceremonial religion. Some of this goes on in churches today where the service has become ritualistic. They sing a song, take communion, someone reads something, and they go home and then repeat the same thing the next Sunday. Paul in his letter to Timothy said there would be people who would come into the church ***“Having a form of godliness but denying the power thereof: from such turn away.”*** (2 Tim 5:3-7). Not true worshippers.

***“God is Spirit, and those who worship Him must worship Him in spirit and truth.”*** (John 4:24). God is interested in a changed heart and a heart of obedience. This is clearly seen in I Samuel 15:22-23. When God through the Prophet Samuel directed Saul to kill all the Amalekites. The Amalekites were the people who attacked the Israelites when they were tired and weak after they had left Egypt. Saul ***disobeyed*** God’s command.

When confronted by Prophet, Saul said that he had done as commanded but kept the king alive and the best animals for sacrificing to the lord. He did not follow God’s directions.

***I Sam. 15:<sup>22</sup> But Samuel replied: “Does the LORD delight in burnt offerings and sacrifices as much as in obeying the LORD? To obey is better than sacrifice, and to heed is better than the fat of rams. <sup>23</sup> For rebellion is like the sin of divination, and arrogance like the evil of idolatry. Because you have rejected the word of the LORD, he has rejected you as king.”***

In the 13<sup>th</sup> chapter of Samuel, Saul disobeyed the word of the Lord and offered a sacrifice. So, Samuel does not suggest that sacrifice is not important, but it is only acceptable when brought with an attitude of obedience and devotion to the Lord.

### **Messianic Prophecy**

***<sup>7</sup> Then I said, “Behold, I have come; in the scroll of the book, it is written of me: <sup>8</sup> “I delight to do your will, O my God; your law is within my heart.”***

This verse is a Messianic prophecy that is fulfilled in Hebrews 10:5-10. It explains that Jesus is the sacrificial lamb who was offered once and for all.

***<sup>5</sup> Therefore, when Christ came into the world, he said: “Sacrifice and offering you did not desire, but a body you prepared for me; <sup>6</sup> with burnt offerings and sin offerings you were not pleased. <sup>7</sup> Then I said, ‘Here I am—it is written about me in the scroll—I have come to do your will, my God.’” <sup>8</sup> First he said, “Sacrifices and offerings, burnt offerings and sin offerings you did not desire, nor were you pleased with them”—though they were offered in accordance with the law. <sup>9</sup> Then he said, “Here I am, I have come to do your will.” He sets aside the first to establish the second. <sup>10</sup> And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all.***

***“. . . He (Jesus) humbled Himself and became obedient to the point of death, even the death of the cross.” (Phil 2:8).*** Jesus was obedient to the will of His Father. He sacrificed himself.

What kind of sacrifice are you to offer? Ro. 12:1 says, ***“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service.”*** We are to love the Lord with our whole heart, soul, and mind. (Matt. 22:37). And, when we love him with our whole heart, soul and mind, we will delight in Him and obey Him.

Because David delighted to do the will of God and His law was in his heart, he couldn’t keep it to himself. He had to run and tell somebody else.

### **A Testimony of Praise**

***<sup>9</sup> I have proclaimed the good news of righteousness in the great assembly; Indeed, I do not restrain my lips, O LORD, You Yourself know. <sup>10</sup> I have not hidden Your righteousness within my heart; I have declared Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth from the great assembly.***

David is speaking to the Lord, and he is telling Him that he has been faithful to speak of His goodness to others. He said, You Lord have done amazing things in my life, and I have not held back what you have done for me.

In the church age, it would be like David saying ***“I am not ashamed of the gospel of Christ for it is the power of God unto salvation.”*** Ro. 1:26. He ***would not restrain his lips from praising God publicly.***

You do not have to be a minister to preach the gospel. All believers in the Lord are to share the good news with the world. Like the Pastor says, just give your testimony, what God has done for you. You don’t have to be a bible scholar.

David never ceased telling others of the wonderful things the Lord had done and neither should we. IF THEY WERE TO ARREST YOU FOR BEING A CHRISTIAN, WOULD THERE BE ENOUGH EVIDENCE TO CONVICT YOU? Think about it!

David not only told everyone he saw about God and His goodness; but he wrote this portion of the Psalms proclaiming the goodness of the Lord to us and future generations.

### **Preserve Me**

***<sup>11</sup> Do not withhold Your tender mercies from me, O LORD; Let Your lovingkindness and Your truth continually preserve me.***

To this point, David has expressed praise for what God has done in the past. He believes the Lord's unfailing love and faithfulness will always keep him safe.

Just as God kept David safe. We know He has kept us safe and will continue to keep us safe. The apostle Paul testified: ***"For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord."*** (Ro. 8:38-39). God's lovingkindness and trustworthiness are unfailing.

### **David's Petition and Lamentation**

Psalm 40 doesn't end before David finds himself in a new crisis—a different pit. He is crying out to the Lord for help. This is the way life is – one crisis, one struggle, after another. But, the wonderful thing about it is God is always there to help. John 16:33 says, ". . . ***In this world you will have trouble but Jesus has overcome the world.***

***<sup>12</sup> For innumerable evils have surrounded me; My iniquities have overtaken me, so that I am not able to look up; They are more than the hairs of my head; Therefore, my heart fails me.***

***<sup>13</sup> Be pleased, O LORD, to deliver me; O LORD, make haste to help me! <sup>14</sup> Let them be ashamed and brought to mutual confusion who seek to destroy my life; let them be driven backward and brought to dishonor who wish me evil. <sup>15</sup> Let them be confounded because of their shame, who say to me, "Aha, aha!"*** (an expression that says we have him right where we want him.)

David is overwhelmed, but he knows that ***"God is his refuge and strength, a very present help in the time of trouble."*** (Psa. 46:1). It seems that evil is all around David and he is drowning in his sin. It was so overwhelming that he was not able to lift his head. He asked God to please deliver him soon. Life is not a constant but it's ups and downs because we live in a fallen world. David knew he had to wait patiently for his deliverance.

***<sup>16</sup> Let all those who seek You rejoice and be glad in You; let such as love Your salvation say continually, "The LORD be magnified!" <sup>17</sup> But I am poor and needy; yet the LORD thinks upon me. You are my help and my deliverer; Do not delay, O my God.***

DAVID ENDS THIS PSALM WITH FAITH AND HOPE. ***He said the Lord be magnified.*** The word "magnify" means literally "to make great. We can't make God greater than he already is so it means to make Him large in our daily lives. God was large in David's life. David said he ***was poor and needy*** meaning that he was totally reliant on God for his deliverance.

When sin overwhelmed David, he knew God’s mercy and grace did much more abound. Sometimes, when we are going through a hard place in life, a horrible pit, we might shut down or go into a shell. Please understand that we have a great **“High Priest who understands our weaknesses, for he faced all of the same testings we do, yet he did not sin.”** (Heb 4:15). When we do sin John says, **“If we confess our sins, He will forgive us cleanse us of all unrighteousness.”** A broken and contrite heart he will not turn away.

David said **God thinks about him.** And I want you to know, that God thinks about you and loves you and has your best interest at heart. Jer. 29:11 says, **“I know the plans I have for you,” declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future.**” Even though these words were spoken to Israel they ring true for us today.

#### Sources

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