

ACTS OF WORSHIP—THANKSGIVING: PSALM 40

Psalm 40

For the director of music. Of David. A psalm.

- ¹ I waited patiently for the Lord;
he turned to me and heard my cry.
- ² He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock
and gave me a firm place to stand.
- ³ He put a new song in my mouth,
a hymn of praise to our God.
Many will see and fear the Lord
and put their trust in him.
- ⁴ Blessed is the one
who trusts in the Lord,
who does not look to the proud,
to those who turn aside to false gods.
- ⁵ Many, Lord my God,
are the wonders you have done,
the things you planned for us.
None can compare with you;
were I to speak and tell of your deeds,
they would be too many to declare.
- ⁶ Sacrifice and offering you did not desire—
but my ears you have opened—
burnt offerings and sin offerings you did not require.
- ⁷ Then I said, "Here I am, I have come—
it is written about me in the scroll.
- ⁸ I desire to do your will, my God;
your law is within my heart."
- ⁹ I proclaim your saving acts in the great assembly;
I do not seal my lips, Lord,
as you know.
- ¹⁰ I do not hide your righteousness in my heart;
I speak of your faithfulness and your saving help.
I do not conceal your love and your faithfulness
from the great assembly.
- ¹¹ Do not withhold your mercy from me, Lord;
may your love and faithfulness always protect me.
- ¹² For troubles without number surround me;
my sins have overtaken me, and I cannot see.
They are more than the hairs of my head,
and my heart fails within me.
- ¹³ Be pleased to save me, Lord;
come quickly, Lord, to help me.
- ¹⁴ May all who want to take my life
be put to shame and confusion;
may all who desire my ruin
be turned back in disgrace.

- ¹⁵ May those who say to me, "Aha! Aha!"
be appalled at their own shame.
- ¹⁶ But may all who seek you
rejoice and be glad in you;
may those who long for your saving help always say,
"The Lord is great!"
- ¹⁷ But as for me, I am poor and needy;
may the Lord think of me.
You are my help and my deliverer;
you are my God, do not delay.

1. The patient wait of asking.

I waited patiently for the Lord; he turned to me and heard my cry.

"How long, how long, how long
How long, to sing this song." —U2, 40

2. The honest description of life.

He lifted me out of the slimy pit, out of the mud and mire;

We can say these things out loud in the face of God, the one who can handle all of it, and in the company of the people of God who can bear it. —David O. Taylor, *Introduction to Psalms*, Fuller Studio, <https://www.youtube.com/watch?v=1bLliBifQDA>

3. The joyful gratitude of answer.

He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him.

He stood me up on a solid rock to make sure I wouldn't slip. He taught me how to sing the latest God-song, a praise-song to our God. More and more people are seeing this: they enter the mystery, abandoning themselves to God. **Psalm 40:1–3 (The Message)**

(Questions for Small Group on next page)

AUGUST 30, 2020

QUESTIONS FOR SMALL GROUPS—AUGUST 30, 2020

1. How does patience and trust relate for you? When was a time you were able to wait patiently in the midst of circumstances or relationships out of your control? What or who helped you to be patient?

2. What honest words would you use out loud to God and others to describe circumstances in the world or in your personal life that challenge your patience?

3. What honest words would you use out loud to God and others to describe your emotions in light of those circumstances? What does it feel like to say it out loud?

4. Can you identify a solid rock to stand on right now in the midst of the rushing river of circumstances in the world or your personal life? What blessing is giving you hope or surprising you right now that might be your “latest God-song” or “praise-song to our God”?

5. Pray for each other, and give thanks for the gift of honest lament and thanksgiving before God who can handle it and others who can bear it.