

Christmas In the Psalms

Psalm 40

“Behold I Have Come”– December 19, 2021



Introduction

The Psalms are the church's songbook. What is contained in the Psalms was meant to be formative. They would be put in their mouths and sung, becoming a part of everyday life. They show what it looks like to live and walk faithfully in every stage of life. We are meant to be encouraged and exhorted by the Psalms. Psalm 40 instructs our praise and prayers.

Pray

Before you begin, take some time to ask God to help you understand His word, to reveal what needs to change in you, and for the grace to follow Him in response. To help, use [Psalm 119:33-40](#) as a prayer for God to open His word up to you.

Sermon Outline

1. Christians should praise and thank God for His deliverance in Christ. Vs. 1-10
2. Christians should pray with confident hope for future deliverance. Vs. 11-17

Read & Discuss

- 1) Read 40:1-10

Waiting is difficult for us. It is especially difficult when we are waiting for help. Just as David expressed in the Psalm, we can do nothing to help ourselves, but God shows up and helps. It's not dependent on us. Because of this, others will put their trust in the Lord. There is extravagant peace for those who trust. ([Isaiah 26:3](#))

There is also great blessing when we see God work. David is awestruck at the goodness of God being displayed in and among His people. The response to God's goodness is obedience. Sacrifices were an inadequate response to God's love. Checking the religious boxes isn't a sufficient response. Those are empty deeds.

David's obedience and all of the blessing, joy and excitement is but a shadow of what we have in Christ. God, in Christ, takes on human flesh. He pulls dead, sin-sick souls out of the pit and sets them on a path of deliverance. Jesus has done what the law of Moses could not do. It can fully cleanse us from the defilement of their sin and make us an heir of the eternal riches of God in Christ.

The Christian has every reason to rejoice because of what God has done for us.

Has there been a time (or times) in your life when you've had to wait on God? How did you feel? What happened when God showed up? How have experiences like that increased your faith and led you to obedience?

Additional Reading: *1 Samuel 15:22, Isaiah 1, Hebrews 10:1-10*

- 2) Read 40:11-17

David is experiencing internal turmoil as well as being overwhelmed by external enemies out to kill him. Yet his prayers have a confident tone. He is confident in God's ability to save him and keep him. God can save but will do it in His time for our good and His glory. David waits because he knows He will come.

The kingdom of God has not yet been fully realized. The curse of sin remains. Satan prowls around seeking to devour. We still struggle with the temptation of our sin and the trials of life. But God's grace is extravagant. Some days, our sin overwhelms us. The fight against the world, the flesh and the devil can be exhausting. Patiently and expectantly call upon God for help. God may alter our spiritual perspective in the midst.

He has come. He will come and take us home. We can rejoice and be glad.

What do we do when it seems like trouble has surrounded us? What do we do when our sin has overwhelmed us? Are you in the same circumstance? Are you grieved by your own sin? Are you grieved by being sinned against? Are you weighed down by your circumstances? How does Psalm 40 encourage you in your struggles?

Additional Reading: Romans 8:22 - 39

Prayer of Response

1) After hearing God's Word, what sin do I need to *confess*? From what do I need to *repent*?

2) How should my life be lived this week based on what I have heard? What should I *understand, believe, desire, or do*?

Spend time praying together in response to God's word asking for His help and greater faith to follow Him in the week to com.

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<https://fbcum.org/sermons-new/>

***Next week's sermon text:** we turn to [Psalm 138](#) "God Regards the Lowly"