

Calvary Chapel Portsmouth



Simply teaching the Bible, simply

A Blessed Life

Psalm 40



The Blessed Life

- Session 1: Psalm 1
- Blessed is the man who:
 - Walks not in the council of the ungodly
 - Nor stands in the ways with sinners
 - Nor sits in the seat of the scornful
 - But his delight is in the Law of the Lord
 - In the Law he meditates day and night

The Blessed Life

- Session 1: Psalm 1
- The Blessings:
 - Be like a tree planted by (many) waters
 - Be fruitful in life
 - Shall not be withered by life
 - Whatsoever he does shall prosper

The Blessed Life

- Session 2: Psalm 32
- Blessed is the man:
 - Whose transgression is forgiven
 - Whose sin is covered (dealt with)
 - To whom the LORD imputes not iniquity
 - In whom is no guile (deceit)

The Blessed Life

- Session 2: Psalm 32
- The Blessings:
 - Kept from being swept away by the world
 - Assured of a hiding place in the LORD
 - Assured of peace amidst trouble
 - Assured of overflowing Joy
 - Will be taught by the LORD
 - Will be led by the LORD
 - Free to walk with God

'Oh bless me indeed'

¹⁰ And Jabez called on the God of Israel, saying, Oh that thou wouldest bless **me** indeed, and enlarge **my** coast, and that thine hand might be with **me**, and that thou wouldest keep **me** from evil, that it may not grieve **me**! And God granted him that which he requested.

1 Chronicles 4:10

- A formula for blessing?
- A recipe for disaster?

An open scroll with Hebrew text is the central focus, resting on a dark surface. To the left, a wooden handle with a fluted design is visible. The scroll's pages are filled with Hebrew script, and the lighting creates a dramatic, high-contrast effect against the dark background.

The Blessed Life

Psalm 40:1-17

To the Chief Musician

A Psalm of David

- ¹ I waited patiently for the LORD; and he inclined unto me, and heard my cry.
- ² He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.
- ³ And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

4 Blessed is that man that maketh the LORD his trust, and respecteth not the proud, nor such as turn aside to lies.

5 Many, O LORD my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered.

Psalm 40:1-17

6 Sacrifice and offering thou didst not desire; mine ears hast thou opened: burnt offering and sin offering hast thou not required.

7 Then said I, Lo, I come: in the volume of the book it is written of me,

8 I delight to do thy will, O my God: yea, thy law is within my heart.

9 I have preached righteousness in the great congregation: lo, I have not refrained my lips, O LORD, thou knowest.

Psalm 40:1-17

¹⁰ I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation.

¹¹ Withhold not thou thy tender mercies from me, O LORD: let thy lovingkindness and thy truth continually preserve me.

¹² For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.

¹³ Be pleased, O LORD, to deliver me: O LORD, make haste to help me.

¹⁴ Let them be ashamed and confounded together that seek after my soul to destroy it; let them be driven backward and put to shame that wish me evil.

¹⁵ Let them be desolate for a reward of their shame that say unto me, Aha, aha.

Psalm 40:1-17

16 Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The LORD be magnified.

17 But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer; make no tarrying, O my God.

Psalm 40:1-17

Psalm 40

Structure:

- Verses 1-5 The Testimony of David
- Verses 6-12 Echo's of the Messiah
- Verses 13-17 Joint refrain

To The Chief Musician
A Psalm of David

Psalm 40

- Such an important subject should be handled with the greatest of care
 - 1) David gives us his testimony
 - It was very personal
 - It had come at a great cost
 - 2) David is entrusted with Divine uttering's

I waited patiently for the LORD; and he inclined unto me, and heard my cry.

Psalm 40:1

- Contrast with king Saul
 - 1 Sam 13:8-11

Perfect Patience

2 My brethren, count it all joy when ye fall into divers temptations;

3 Knowing this, that the trying of your faith worketh patience.

4 But let patience have her perfect work, that ye may be perfect and entire, wanting nothing.

James 1:2-4

¹ I waited patiently for the LORD; and he inclined unto me, and heard my cry.

Psalm 40:1

The Right Connections

⁷ Some trust in chariots, and some in horses: but we will remember the name of the LORD our God.

Psalm 20:7

The Right God

⁸ Fear ye not, neither be afraid: have not I told thee from that time, and have declared it? ye are even my witnesses. Is there a God beside me? yea, there is no God; I know not any.

Isaiah 44:8-17

The Right God

⁹ They that make a graven image are all of them vanity; and their delectable things shall not profit; and they are their own witnesses; they see not, nor know; that they may be ashamed.

¹⁰ Who hath formed a god, or molten a graven image that is profitable for nothing?

Isaiah 44:8-17

The Right God

¹¹ Behold, all his fellows shall be ashamed: and the workmen, they are of men: let them all be gathered together, let them stand up; yet they shall fear, and they shall be ashamed together.

¹² The smith with the tongs both worketh in the coals, and fashioneth it with hammers, and worketh it with the strength of his arms: yea, he is hungry, and his strength faileth: he drinketh no water, and is faint.

Isaiah 44:8-17

The Right God

¹³ The carpenter stretcheth out his rule; he marketh it out with a line; he fitteth it with planes, and he marketh it out with the compass, and maketh it after the figure of a man, according to the beauty of a man; that it may remain in the house.

¹⁴ He heweth him down cedars, and taketh the cypress and the oak, which he strengtheneth for himself among the trees of the forest: he planteth an ash, and the rain doth nourish it.

Isaiah 44:8-17

The Right God

¹⁵ Then shall it be for a man to burn: for he will take thereof, and warm himself; yea, he kindleth it, and baketh bread; yea, he maketh a god, and worshippeth it; he maketh it a graven image, and falleth down thereto.

¹⁶ He burneth part thereof in the fire; with part thereof he eateth flesh; he roasteth roast, and is satisfied: yea, he warmeth himself, and saith, Aha, I am warm, I have seen the fire:

Isaiah 44:8-17

The Right God

¹⁷ And the residue thereof he maketh a god, even his graven image: he falleth down unto it, and worshippeth it, and prayeth unto it, and saith, Deliver me; for thou art my god.

Isaiah 44:8-17

- Religion!
- Worshipping the work of our hands

¹ I waited patiently for the LORD; and he inclined
unto me, and heard my cry.

Psalm 40:1

- There is only One who can help
- And He does!
- David put this as a matter of record
- David doesn't exalt himself...
- But rather exalts God
- Inclined: נטה 'Nawtaw' – to stretch

The Arm of the LORD

² Is my hand shortened at all, that it cannot redeem?
or have I no power to deliver?

Isaiah 50:2

¹³ Thou hast a mighty arm: strong is thy hand, and
high is thy right hand.

Psalms 89:13

² He brought me up also out of an horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.

Psalm 40:3

- We each have our horrible pits
 - Pits of sin and/or circumstances
- Impossible to navigate out of
 - We know we are trapped
- He alone can lift us to safety
- But there is only one place of safety...
- The Rock

Our Great Escape

28 Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding.

29 He giveth power to the faint; and to them that have no might he increaseth strength.

Isaiah 40:28-31

Our Great Escape

³⁰ Even the youths shall faint and be weary, and the young men shall utterly fall:

³¹ But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; and they shall walk, and not faint.

Isaiah 40:28-31

³ And he hath put a new song in my mouth, even praise unto our God: many shall see it, and fear, and shall trust in the LORD.

Psalm 40:3

- David concludes his personal testimony
- The effect of this ‘so great a salvation’ is to declare it in praise
- *‘Many shall see it’*
 - it would be outwardly visible
- *‘And fear...’*
 - cf. Acts 2:43 / 5:5 / 19:17

*4 Blessed is that man that maketh the LORD his trust,
and respecteth not the proud, nor such as turn aside to
lies.*

Psalm 40:4

- David now turns from student to teacher
- Based on his experience of the nature and character of God gives this admonition
- Two issues raised:
 - Can we trust God?
 - Why we shouldn't trust the confidence of man

Trusting in God: 101

- Point #1:
- David does not advocate a 'blind faith'
- This call to trust God is *after* his testimony
- David has already given us evidence that God is trustworthy
- God would not have engineered so great a salvation if He were to abandon us now
 - David was brought up out of the horrible pit by God's grace, by God's outstretched arm

Trusting in God: 101

20 For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's

1 Corinthians 6:20

Trusting in God: 101

⁵ Let your conversation be without covetousness; and be content with such things as ye have: for he hath said,

I will never leave thee, nor forsake thee.

⁶ So that we may boldly say, The Lord is my helper, and I will not fear what man shall do unto me

Hebrews 13:5-6

Trusting in God: 101

³¹ Therefore take no thought, saying, What shall we eat? or, What shall we drink? or, Wherewithal shall we be clothed?

³² (For after all these things do the Gentiles seek:) for **your heavenly Father knoweth** that ye have need of all these things.

³³ But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you.

Matthew 6:31-33

Trusting in God: 101

- We have a God:
 - who has invested heavily in us – it cost the highest price
 - who has given us His promise that He will never leave or forsake us
 - who knows where we are and what we need

Trusting in God: 101

³⁸ For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor powers, nor things present, nor things to come,

³⁹ Nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.

Romans 8:38-39

4 Blessed is **that man** that maketh the LORD his trust,
and respecteth not the proud, nor such as turn aside to
lies.

Psalm 40:4

- ‘Not **אִישׁ** ‘lysh’ or **אָדָם** ‘Adam’
- Geber **גִּבּוֹר** used 68x
- ‘not all men’, used of specific, chosen individual
- *Properly, a valiant man or warrior*
- *Emphasising strength or ability to fight.*

Wisdom of the World

19 For it is written, I will destroy the wisdom of the wise, and will bring to nothing the understanding of the prudent.

20 Where is the wise? where is the scribe? where is the disputer of this world? hath not God made foolish the wisdom of this world?

1 Cor 1:19-20

Wisdom of the World

19 For the wisdom of this world is foolishness with God. For it is written, He taketh the wise in their own craftiness.

20 And again, The Lord knoweth the thoughts of the wise, that they are vain.

1 Cor 3:19-20

Wisdom of the World?

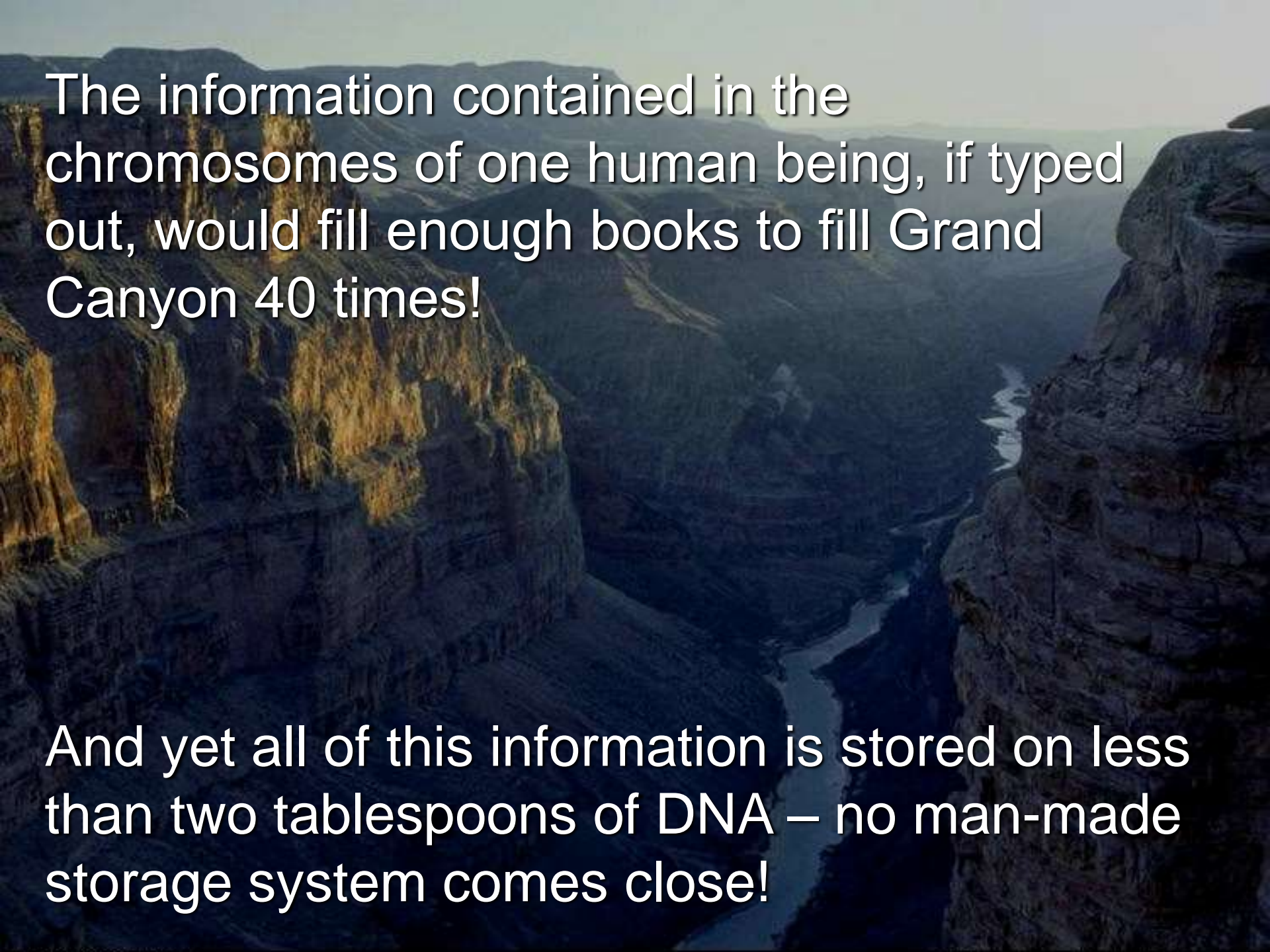
17 The first one to plead his cause seems right,
Until his neighbor comes and examines him.

Proverbs 18:17

⁵ Many, O LORD my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered.

Psalm 40:5

- As our basis to trust God, David appeals to:
 - 1) Creation
 - 2) God's plan for mankind - Redemption



The information contained in the chromosomes of one human being, if typed out, would fill enough books to fill Grand Canyon 40 times!

And yet all of this information is stored on less than two tablespoons of DNA – no man-made storage system comes close!

From conception until birth the baby adds 15,000 cells per minute to its body. Each cell is more complex than a space shuttle!



Our Response?

“Biologists must constantly keep in mind what they see was not designed, but evolved.”

Francis Crick, Noble Laureate, DNA Research

“I will praise thee; for I am fearfully and wonderfully made: marvellous are thy works; and that my soul knoweth right well.”

King David of Israel 1000 BC (Psalm 139:14)

5 Many, O LORD my God, are thy wonderful works which thou hast done, and thy thoughts which are to us-ward: they cannot be reckoned up in order unto thee: if I would declare and speak of them, they are more than can be numbered.

Psalm 40:5

- As our basis to trust God, David appeals to:
 - 1) Creation
 - 2) God's plan for mankind - Redemption

⁶ Sacrifice and offering thou didst not desire; mine ears hast thou opened: burnt offering and sin offering hast thou not required.

Psalm 40:6

7 Then said I, Lo, I come: in the volume of the book it is written of me,

8 I delight to do thy will, O my God: yea, thy law is within my heart.

9 I have preached righteousness in the great congregation: lo, I have not refrained my lips, O LORD, thou knowest.

Psalm 40:7

The Unveiling

5 Wherefore when he cometh into the world, he saith, Sacrifice and offering thou wouldest not, but a body hast thou prepared me:

6 In burnt offerings and sacrifices for sin thou hast had no pleasure.

7 Then said I, Lo, I come (in the volume of the book it is written of me,) to do thy will, O God.

Hebrews 10:5-10

The Unveiling

⁸ Above when he said, Sacrifice and offering and burnt offerings and offering for sin thou wouldest not, neither hadst pleasure therein; which are offered by the law;

⁹ Then said he, Lo, I come to do thy will, O God. He taketh away the first, that he may establish the second.

¹⁰ By the which will we are sanctified through the offering of the body of Jesus Christ once for all.

Hebrews 10:5-10

10 I have not hid thy righteousness within my heart; I have declared thy faithfulness and thy salvation: I have not concealed thy lovingkindness and thy truth from the great congregation.

Psalm 40:10

¹¹ Withhold not thou thy tender mercies from me, O LORD: let thy lovingkindness and thy truth continually preserve me.

¹² For innumerable evils have compassed me about: mine iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of mine head: therefore my heart faileth me.

Psalm 40:11-12

¹³ Be pleased, O LORD, to deliver me: O LORD, make haste to help me.

¹⁴ Let them be ashamed and confounded together that seek after my soul to destroy it; let them be driven backward and put to shame that wish me evil.


¹⁵ Let them be desolate for a reward of their shame that say unto me, Aha, aha.

Psalm 40:13-15

16 Let all those that seek thee rejoice and be glad in thee: let such as love thy salvation say continually, The LORD be magnified.

17 But I am poor and needy; yet the Lord thinketh upon me: thou art my help and my deliverer; make no tarrying, O my God.

Psalm 40:16-17



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