

Up From The Pit

Message Series: Psalms – A Song for Every Season
Bible Passage: Psalm 40:1-17

Remembering God's Help (vss 1-5)

* God Desires that You _____
(Psalm 40:1)

* To Experience these Good Things You Need to _____

(Psalm 40:4)

Telling Others of God's Goodness (vss 9-10, 3b)

* _____ of God's Rescuing
Grace and Help in Time of Need
(Psalm 40:10)

Praying for Help Again (vss 11-17)

* Life is Full of Troubles,

(Psalm 40:17)

Surrendering to God's Will (vss 6-8)

* A Right Relationship with God is Established through _____

(Psalm 40:6-8)

Psalms 40:1-17 (NLT – New Living Translation)

- 1 I waited patiently for the Lord to help me,
and he turned to me and heard my cry.
- 2 He lifted me out of the pit of despair,
out of the mud and the mire.
He set my feet on solid ground
and steadied me as I walked along.
- 3 He has given me a new song to sing,
a hymn of praise to our God.
Many will see what he has done and be amazed.
They will put their trust in the Lord.
- 4 Oh, the joys of those who trust the Lord,
who have no confidence in the proud
or in those who worship idols.
- 5 O Lord my God, you have performed many wonders for us.
Your plans for us are too numerous to list.
You have no equal.
- If I tried to recite all your wonderful deeds,
I would never come to the end of them.
- 6 You take no delight in sacrifices or offerings.
Now that you have made me listen, I finally understand—
you don't require burnt offerings or sin offerings.
- 7 Then I said, "Look, I have come.
As is written about me in the Scriptures:
8 I take joy in doing your will, my God,
for your instructions are written on my heart."
- 9 I have told all your people about your justice.
I have not been afraid to speak out,
as you, O Lord, well know.
- 10 I have not kept the good news of your justice hidden in my heart;
I have talked about your faithfulness and saving power.
I have told everyone in the great assembly
of your unfailing love and faithfulness.
- 11 Lord, don't hold back your tender mercies from me.
Let your unfailing love and faithfulness always protect me.
- 12 For troubles surround me—
too many to count!
My sins pile up so high
I can't see my way out.
They outnumber the hairs on my head.
I have lost all courage.
- 13 Please, Lord, rescue me!
Come quickly, Lord, and help me.
- 14 May those who try to destroy me
be humiliated and put to shame.
May those who take delight in my trouble
be turned back in disgrace.
- 15 Let them be horrified by their shame,
for they said, "Aha! We've got him now!"
- 16 But may all who search for you
be filled with joy and gladness in you.
May those who love your salvation
repeatedly shout, "The Lord is great!"
- 17 As for me, since I am poor and needy,
let the Lord keep me in his thoughts.
You are my helper and my savior.
O my God, do not delay.