

Welcome everyone you may have a seat, if you don't know me my name is Jack Morgan, I am a pastoral assistant here at Rev and if you were here the last time I was up here it was new years eve and I said welcome to youth pastor sunday with it being the Sunday after christmas and I feel like this is also youth pastor sunday, being the sunday after easter, i'm starting to notice a pattern here Ryan... hmm.

But for those who don't know we are going through Ephesians as a church when Ryan is preaching but when he gets a well deserved break from preaching we are picking a Psalm to go through. And I'm going to be honest with you, Ryan sent us an email a few months ago to the few of us that are preaching and said let's pick a Psalm on this email thread that way no one picks the same Psalm and we have the entire book to choose from and right away Aaron Kircher takes Psalm 23 and I was like dang okay there goes an easy one and then Bren and Rich chose there's and this is when I get really indecisive and I'm looking around going what the heck Psalm should I pick, there's so many to choose from but I remembered that one of my favorite worship songs

from when I was kid at church was on Psalm 40:1-2 and I really didn't remember much about the song other than it had a sick air guitar solo in the middle and the chorus goes “he set my feet on a rock” and everyone would jump up and it was so cool. but i want everyone to stand up and we are going to do the motions to this song... no i'm just kidding but seriously that was most of the reason why I chose this Psalm to preach on and after researching, reading and praying through the Psalm I am so excited to share with you all what God has been showing me recently. Let me pray to get us started....

So Psalm 40 has a very interesting flow to it that we will get into later but the Psalm ends with what I think is a perfect summary of the chapter and we are actually going to start with it today. It's like those weird people who will read the last few chapters of a book before the start it to know what happens at the end or read the spoilers to a TV show or movie online before they see it... hand up I have been that person before, i don't know there is something comforting about knowing what happens in a movie,

show or book before it happens just so you know it's going to be okay.

I had this group of friends in college, freshman year and i didnt know them before school so they are still new friendships and these friends loved to watch scary movies and i did not like watching scary movies, still don't, I would rather watch an action movie or a rom com. But this new group of friends would always text our group chat on like a monday and say hey guys there's this new movie "the Chainsaw massacre returns" ' just came out and looks really good we should all go see it. And everyone would say yes and I would just be like ahhh i dont want to go!! But I would go anyway and be scared the whole time and they would all laugh. But eventually I learned to just look up the movie before it started and then I could just kick my feet back and enjoy the movie because I knew exactly what was going to happen. So that's what we are going to do this morning, let's peak towards the end and see what David wants our takeaway from Psalm 40 to be this morning.

Verse 17 the last verse in this chapter says,

As for me, I am poor and needy,

but the Lord takes thought for me.

You are my help and my deliverer;

do not delay, O my God!

This is the prayer that David ends the Psalm with and I think it is a great prayer for us to model after Humbling ourselves by admitting that we are poor and needy and admiring how great our God is.

This is often the hardest thing for us to do. The hardest part to put time and effort into. This is the work of the heart. We can have all the knowledge and wisdom and willingness to use our gift and love others. But if we do not have fully realized humility then we dont have hope filled surrender. Fully realized humility yields hope filled surrender

The less we put trust in ourselves the more we may trust in God for help and deliverance

As we go back up to the top and see how David reaches his conclusion in this Psalm, there are really 4 main points that I think David makes along the way and we will get to those as we read through it this morning.

Verse 1 and 2 say

I waited patiently for the LORD,
and he turned to me and heard my cry for help.
2He brought me up from a desolate pit,
out of the muddy clay,
and set my feet on a rock,
making my steps secure.

Back to that song that I mentioned earlier. These two verses are pretty much the whole song and I want to focus on the picture that David gives us right away. He says that he waited patiently for the Lord. Waited patiently translates wait to waiting. To wait means to wait with expectation, the assurance that something

will happen. God is doing the work, our job is to let God do the work or the delivering for us. He is in control and his timing is more important than ours. Right away David presents us with a big challenge. God if you just give me the money then you will be a deliverer, God if my circumstances change then I will be delivered. WE need to let God work the way he wants to work instead of how we want him to work. What do we need to be delivered from?

David is the perfect person to talk about this because he had to wait on the Lord to be delivered, that's for sure. Remember David is promised after he defeats goliath that he will be the next King of Israel and then is on the run from Saul's relentless pursuit for nearly 7 years before the Lord delivers him, or think about Joseph in the jail for 2 years after he thinks the cupbearer is going to get him out. I was telling someone the other day that i always imagine what it was like for those people right before they were rescued. Like Joseph what were you feeling one year and 11 months before you were free because we know it took two years but he had no clue.

David acknowledges that he is waiting for the Lord with the expectation that something will be done and the Lord turns to David and hears his cry for help.

In verse two he is lifted out of the pit, the mud and the clay and this is a great example of what we talked about last week on Easter, that we do nothing in this. We are helpless in the bottom of a pit, with no way out, think Daniel and the lions den, think about us lying in a cold, dark, smelly pit with no way out and the only thing we can see is just a sliver of light at the very top. And the only way we escape certain death because God reached down into the pit and pulled us up and not only did he pull us up but set our feet on a rock and gave us a firm place to stand. Waiting is all over the Bible, all over, and just as David did we are to wait patiently on the Lord with the expectation that he will deliver us. Just as Jesus did. When he died and conquered death, he gave us the chance for God to lift us up out of death, set our feet on a rock, and give us new life.

This is the first point that David makes. That we are to pray and wait, just as Jesus did and God will reply

Verses 3-5 say

He put a new song in my mouth,

a song of praise to our God.

Many will see and fear,

and put their trust in the LORD.

Blessed is the man who makes

the LORD his trust,

who does not turn to the proud,

to those who go astray after a lie!

You have multiplied, O LORD my God,

your wondrous deeds and your thoughts toward us;

none can compare with you!

I will proclaim and tell of them,

yet they are more than can be told.

This should be our natural response to the grace that God has extended to us. That we would be so excited and worshipful,

ready to share our stories of deliverance to anyone that wants to listen. Have you ever had a story that is so good to share that you just have to tell everyone or a song that you just discovered or that is stuck in your head and you are singing it as much as possible!?! If someone in youth group requests Love Story one more time... i'm kidding i actually love that song. But as David says, when we are sharing the goodness of what God has done for us, many will see and fear and also put their trust in the Lord.

This is why we meet in small groups, this is why we share things that are hard with each other. The power of confession and the power of our testimony are real! As it says in Revelation 12:11 **And they have conquered him by the blood of the Lamb and by the word of their testimony,**

This is something that our body has really challenged me and I have grown a lot in since I have been apart of Rev is the desire to grow deeper with each other and create real relationships. This is a big part of the reason we started the evidence of grace podcast to learn each other's stories!

I love the last little sentence in verse 5 **I will proclaim and tell of them,**

yet they are more than can be told.

It reminds me of John 21:25, the last words in the gospel of John that say **Now there are also many other things that Jesus did.**

Were every one of them to be written, I suppose that the world itself could not contain the books that would be written. Right,

like how cool is that, David saying a very similar thing about God that he cannot tell people enough about the goodness of God and what God did in his life.

I had one of those moments myself on Tuesday night this week. It was a really long day for me, got to Rev at 5:45 and then had two baseball games, most of you know I coach baseball at Timberline high school, wouldn't be a Jack sermon without a baseball reference I know. But we played in just an awesome game on Tuesday we had a great comeback win and this team has been through a lot in the past year. Last year we had a kid on the team, a junior who during the season their family lost his younger

brother. No family should have to go through what they went through losing a 13 year old son. And over the past year I've gotten to know the family better and talked to them about my faith and their faith and the guy on our team, who is now a senior is one of our best pitchers but he doesn't ever hit, like ever and on Tuesday not only did he pitch the last 3 innings shutting down the other team but he also, because of substitutions got to hit twice and in the 6th inning he hit a base hit into left field that scored 2 runs, our dugout was going crazy we're jumping up and down. It was awesome.

And after the game, after we had shaken hands with the other team I see the dad walking on to the field. I walked over to him and he had tears in his eyes and he said Jack, could you do me a favor, could you lead the team in a prayer tonight. I said yes sir absolutely and I went over to our head coach, who is a really friend of mine and said hey his dad asked if I could pray after our talk tonight is that okay? And he said oh absolutely, actually it will be a year ago tomorrow that they lost their son. That's when I started to tear up so and then his mom came out on the field

and gave her a big hug because she told me a year ago that she loves hugs and man I got home and just told everyone I could about that story, I told my roommates, called my parents, called some friends and then I was laying in my bed after all that and just started crying just saying God you are so so good. I think Eli, my cousin/roommate/best friend said it best he was like you just can't write a better story than that.

This, is the second thing, that the power of our testimonies and our stories are real

So the beginning part of this chapter is David praising God for his deliverance and starting here in verse 6 there's a shift, so let's read verse 6 it says

In sacrifice and offering you have not delighted,

but you have given me an open ear.^[a]

Burnt offering and sin offering

you have not required.

Now this verse is very interesting. I want to start with the open ear... there are a lot of different interpretations on what this odd phrase could mean, the hebrew phrase that it used hear is “digging ears” and what scholars believe that means is that God not only is the one who obviously is the creator but that he has specifically for David allowed his ears to be opened to hear what God has to say here. This is David going, wait everyone hold on hold on, I am about to say something kind of crazy here but don't worry, it's not me saying it, it's from God, he has given me the ears to hear this. It's like when my brothers and I were growing up and we're playing outside and my youngest brother Reed comes running up goes lets go get ice cream we would say Reed come on no chance that's allowed, now if he said hey guys guess what mom said we can go get ice cream, we would drop whatever we were doing and run inside to go get some ice cream!

But here is David telling everyone that he has something for everyone from God, that is **Burnt offering and sin offering you have not required.**

This old system of sacrificing animals and not changing your hearts is going to be no more, we will have a sufficient sacrifice and when we go to verse 7 I think it actually switches to Jesus here

Then I said, “Behold, I have come;

in the scroll of the book it is written of me:

Then I said meaning the time of Christ has come, when the time appointed by the Father had come.

This phrase Behold I have come or Lo I have come highlights the voluntariness of Jesus coming to earth. Though sent by the Father, he came of his own accord. “Christ Jesus came into the world.” Men do not come into the world, they are sent into it. *Lo, I come*, denotes pre-existence, pre-determination, pre-operation. —George Rogers.

This interruption from Jesus concludes in verse 8

I delight to do your will, O my God;

your law is within my heart.”

We see almost these exact same verses in Hebrews 10

when Christ^a came into the world, he said,

“Sacrifices and offerings you have not desired,

but a body have you prepared for me;

6in burnt offerings and sin offerings

you have taken no pleasure.

7Then I said, ‘Behold, I have come to do your will, O God,

as it is written of me in the scroll of the book.’”

8When he said above, “You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings” (these are offered according to the law), 9then he added, “Behold, I have come to do your will.” He does away with the first in order to establish the second. 10And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.

Obviously this sections of Hebrews is written after Jesus life on earth, we see that he has complete the will of the Lord which is

the fulfillment of all the prophecies and ultimately dying on the cross and rising again for our salvation.

This is the third thing: the people are sent into the world; Jesus was sent but also chose voluntarily to come and die for our sins

Now the last thing we learn from David comes in the second half of this psalm here. He says in verses 9-11

I have told the glad news of deliverance**[b]**

in the great congregation;

behold, I have not restrained my lips,

as you know, O LORD.

I have not hidden your deliverance within my heart;

I have spoken of your faithfulness and your salvation;

I have not concealed your steadfast love and your faithfulness

from the great congregation.

11 As for you, O LORD, you will not restrain

your mercy from me;

your steadfast love and your faithfulness will
ever preserve me!

He explains in verses 9 and 10 that he has not and will not keep this good news of the coming savior to himself, just like how we know we shouldn't either. That's the easy application of this message right? Look at all the amazing things God has done for me, I will not be ashamed and I will not hide it. What God has done for us, or for the church, we should lay *to* heart; but not lock up *in* our heart. —*Carl Bernhard Moll in Lange's "Bibelwerk."* 1869.

I know most of us know that we should share the good news of the gospel with everyone, there might be some different ideas on how to best do it, which is in my opinion the beauty of the body of believers. But as David has explained, when God has delivered us and we have those little moments where his mercy is revealed to us, we should be so filled with joy we cannot help but share with others

I really don't think David needed to bring this up again but it seems like he does so just to thank God one more time for his goodness towards him.

As he goes on in verse 11 to tell God that he is in need again and asks for God's mercy and deliverance.

As for you, O LORD, you will not restrain

your mercy from me;

your steadfast love and your faithfulness will

ever preserve me!

This verse alludes to exodus 34:6 the LORD, a God merciful and gracious, slow to anger, and abounding in steadfast love and faithfulness,

David is confident because of what the Lord has done in the past and because he knows his character that in the struggles that he continues to face that the Lord is faithful and the Lord will continue to bless him. I pray that I can have this same thankfulness and assurance that David has, I feel like at least personally, it is so easy to focus only on the bad things that happen to me. I focus only on the things that have gone wrong instead of remembering the amazing things that God has

continued to do in my lives, that I am not worthy to be adopted into his family but because of his grace and his son I am invited and welcomed into the arms of the Father.

As trials come this is so important to remember. David goes on in the next couple verses explaining how he is facing these trials again

For evils have encompassed me

beyond number;

my iniquities have overtaken me,

and I cannot see;

they are more than the hairs of my head;

my heart fails me.

Be pleased, O LORD, to deliver me!

O LORD, make haste to help me!

Maybe being a tad bit dramatic when he says that they are more than the hairs on his head but who am I to judge.

As we finish this chapter we see what is often the case in the Psalms, that the trials are coming from the hands of the people

who are eager to see the faithful fall. David says Let those be put to shame and disappointed altogether

who seek to snatch away my life;

let those be turned back and brought to dishonor

who delight in my hurt!

Let those be appalled because of their shame

who say to me, "Aha, Aha!"

Now, don't let David's strong words for his enemies confuse you here. David is saying that God will ultimately take the people that are against him and make things right but it is still our job to love our neighbors, even the ones that persecute you.

But may all who seek you

rejoice and be glad in you;

may those who love your salvation

say continually, "Great is the LORD!"

May we all rejoice and be glad when the singer tells this glad news to the great congregation that was mentioned in verse 9.

This is the last thing that David has for us And that is my prayer for us this morning. That we would be so enamored, so in awe of God and the amazing things that he has done for us that we would be eager to share our love with others so that they might find and enjoy his Grace as well.

So as we go about our week, I encourage you all to thank God for everything he has done for you, and share with others about his goodness and grace. Let me pray