

# WHY CHRISTIANS ARE THE HAPPIEST PEOPLE ON EARTH

## Psalm 40:1-5

### TEXT:

#### Psalm 40:1-5

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

2 He drew me up from the pit of destruction,  
    out of the miry bog,  
and set my feet upon a rock,  
    making my steps secure.

3 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.

4 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!

5 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.

**DOCTRINE:** Christ is the happiest man in existence and Christians are the happiest people on earth.

**INTRODUCTION:** Why are these things so? This is what Psalm 40 is about. Now, Christ is no mere man. Jesus Christ is the God-man and the only Redeemer (Galatians 4:4).

Though Psalm 40 was penned by David, this divine song is principally about a greater shepherd-king, the Lord Jesus Christ. On the road to Emmaus, Christ said this to a few of His disciples: “O foolish ones, and slow of heart to believe all that the prophets have spoken! Was it not necessary that the Christ should suffer these things and enter into his glory?” And beginning with Moses and all the Prophets, he interpreted to them in all the Scriptures the things concerning himself” (**Luke 24:25-27**). After His resurrection, Christ explained the Scriptures to His Apostles like this: “These are my words that I spoke to you while I was still with you, that everything written about me in the Law of Moses and the Prophets and the Psalms must be fulfilled” (**Luke 24:44**). Furthermore, the apostle to the Hebrews says Christ is speaking of Himself in Psalm 40. “When Christ came into the world he said:” (**Hebrews 10:5**). Concerning this 40th Psalm, Charles Haddon Spurgeon said, “Each believer becomes a mirror in which is reflected the experience of our Lord; but it would be ill for us to be so taken up with the mere reflection as to forget the express image by which this experience is formed in us.” Therefore let us I) Learn about Christ, and then II) Learn how we who are in Christ can make use of these truths for our Christian life and hope.

## **I. WHY CHRIST IS THE HAPPIEST MAN IN EXISTENCE**

**I) Christ is the happiest man in existence because he waited patiently for the LORD (Psalm 40:1a).**

**Psalm 40:1a** “I waited patiently for the LORD;”

Think of Jesus’ patience to live as man for 30 years before His public ministry even started. Think of Christ’s patience in the three years of His earthly ministry, every time they wanted to kill Him, He did not give Himself up because His time had not yet come. Think of Christ’s patient waiting while He was arrested, falsely tried, beaten, spit upon, mocked, scourged, nailed to the wood, lifted up to die; think of Jesus patiently waiting as He hung in excruciating pain for six hours on that accursed tree. The next time you are told to wait or be patient, think of Jesus patiently waiting while He was dying on the cross for our sins. As He suffered under the wrath of God, every second must have seemed an hour, every minute a day, every hour a year as He paid the penalty of divine justice for our sin! See Christ on the cross saying, “I waited patiently for the Lord.”

## **II) Christ is the happiest man in existence because he had His prayers heard (Psalm 40:1b)**

**Psalm 40:1b** “he inclined to me and heard my cry.”

What prayers did he offer up, especially as he approached the cross? Think of His high priestly prayer in John 17. Think of his prayers in the Garden of Gethsemane. What about his prayers on the cross? “Father forgive them,” “My God, My God,” “It is finished,” and “Into your hands I commit my spirit.” Oh and Christ’s prayers were heard!

## **III) Christ is the happiest man in existence because he went willingly into the pit of destruction and was then drawn up (Psalm 40:2a)**

**Psalm 40:2a** “He drew me up from the pit of destruction, out of the miry bog,”

Can you imagine how horrifying the pit was the Christ went into on that cross? In that pit He became sin for us. In that pit He became a curse for us. In that pit the Father crushed him for us. If Christ did not go into that pit of destruction for our sin, we would never be brought out of it for salvation!

Can you think of the satisfaction Christ had when He said “it is finished” and gave up his spirit? Oh think of the sense of relief and encouragement he possessed when he entered paradise, having made satisfaction for the sins of his people. Like Jonah when he was lovingly vomited out of the belly of the beast onto dry land, and like Joseph when he was delivered from the pit of his brothers and exalted to the throne of Egypt, so Christ, when he was finished with his death, came into heaven, and I can hear him say, “He drew me up from the pit of destruction, out of the miry bog.” Can you hear him say that with the ears of faith?

## **IV) Christ is the happiest man in existence because he was raised up from the dead, never to die again (Psalm 40:2b).**

**Psalm 40:2b** “and set my feet upon a rock, making my steps secure.”

**Romans 6:9** “We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him.” Jesus died for poor sinners like you and me. Do you know this?

He also arose from the dead; he came back to life. Do you know this? And now that Jesus died and was raised from the dead, he can never die again. We have an invincible Savior and King! Think of the joy on his face after his resurrection when he took off the burial clothes, even folding his head-wrap and setting in neatly on the place where his dead body once lay. I can hear him saying as he walked out of that tomb, “He set my feet upon a rock, making my steps secure.”

**V) Christ is the happiest man in existence because he possesses the joy of paying the price of the world’s redemption (Psalm 40:3a)**

**Psalm 40:3a** “He put a new song in my mouth, a song of praise to our God.”

We know from Scripture that Christ is a singer. “When they had sung a hymn, they went out to the Mount of Olives” (**Mark 14:26**). But what is this “new song” in His mouth after His death and resurrection? Is it not The song of the Lamb in **Revelation 15:3-4**? “And they sing the song of Moses, the servant of God, and the song of the Lamb, saying, ‘Great and amazing are your deeds, O Lord God the Almighty! Just and true are your ways, O King of the nations! Who will not fear, O Lord, and glorify your name? For you alone are holy. All nations will come and worship you, for your righteous acts have been revealed.’”

**VI) Christ is the happiest man in existence because he will save many people from their sins (Psalm 40:3b)**

**Psalm 40:3b** “Many will see and fear, and put their trust in the LORD.”

**Revelation 5:9-10** “Worthy are you...for you were slain, and by your blood you ransomed people for God from every tribe and language and people and nation, and you have made them a kingdom and priests to our God, and they shall reign on the earth.”

**VII) Christ is the happiest man in existence because he trusted in the LORD and did not go astray after a lie (Psalm 40:4)**

**Psalm 40:4** “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!”

When the nations were offered him if he but bowed down to Satan, did he turn to the proud, going astray after a lie or did he make the LORD His trust by inheriting the nations through his life, death, and resurrection? When his family came to take him home because implied he was going too far, did he turn to the proud, going astray after a lie or did he make the LORD his trust and submit to his mission and ministry? When His own disciples rebuked him for saying he must suffer and die to save poor sinners, did he turn to the proud, going astray after a lie or did he make the LORD his trust and submit to the cross? Every step of the way Jesus made the Lord is his trust. This is why he is happy.

### **VIII) Christ is the happiest man in existence because he calls to remembrance the abundance of deeds and plans of God (Psalm 40:5a)**

**Psalm 40:5a** “You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you!”

### **IX) Christ is the happiest man in existence because he proclaims to others the abundance of deeds and plans of God (Psalm 40:5b)**

**Psalm 40:5b** “I will proclaim and tell of them, yet they are more than can be told.”

## **II. WHY CHRISTIANS ARE THE HAPPIEST PEOPLE ON EARTH**

Christians are the happiest people on earth.

### **I) In Christ, you can wait patiently for the Lord, never fearing He has forgotten you (Psalm 40:1a)**

**Psalm 40:1a** “I waited patiently for the LORD;”

I wonder if you can say with David and with Christ, “I waited patiently for the LORD,” or would you say, “I waited impatiently for the LORD,” or perhaps even “I worried impatiently for the LORD”? Believers, look to Christ patiently waiting for the LORD in His life and death as your

example. Look also to Christ patiently waiting as your confirmation and surety. “He has said, ‘I will never leave you nor forsake you’” (**Hebrews 13:5**). Christians are the happiest people on earth because they can patiently wait on the Lord, knowing He will never forget them.

## **II) If you are united to Christ by faith, you can be sure God bends down and hears your prayers with a smile (Psalm 40:1b)**

**Psalm 40:1b** “he inclined to me and heard my cry.”

Like a father who stoops low to listen to his beloved child’s request, so God the Father stoops low to listen to the prayers of those who belong to his Son Jesus. God the Father bends down low to listen to the prayers of Christians. If you trust Christ as Savior and King, no matter how small your voice is, he loves you and cares for you. He hears your prayers. So pray to him. Christians are the happiest people on earth because their prayers are heard by their merciful Father.

## **III) If you belong to Christ, God has already drawn you up from the pit of destruction for sin, and you can be sure he will draw you up from the pit of destruction of sin and suffering (Psalm 40:2a).**

**Psalm 40:2a** “He drew me up from the pit of destruction, out of the miry bog,”

There are three ways to apply this part of verse 2:

**(I) If you belong to Christ, God has already drawn you up from the pit of destruction for sin.** “He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins” (**Colossians 1:13-14**). Has God saved you from the pit of destruction by forgiving you of your sins for Christ’s sake? If not, go to Jesus Christ now by repentance and faith. Turn from the fleeting pleasures of sin, cast yourself on Christ, trusting in him alone to save you now and forever, then come let us know so you can be baptized in water because He commands you to be (**Matthew 28:19**). Then you can confidently say, “He drew me up from the pit of destruction, out of the miry bog,” If you are not yet a Christian, you need to be brought up out of the pit of destruction for your sin. Jesus can save you. Go to him. Turn from trusting in and seeking after your sin. Trust in him and seek after him, and be baptized. If you have been saved from this pit of

destruction for sin, praise the Lord and sing with both David and Christ, “He drew me up from the pit of destruction, out of the miry bog.”

**(II) Christian, you can also be sure God will draw you from the pit of destruction of your indwelling sin.** Though Christians are delivered from the penalty of sin and from its enslaving power, we are not yet delivered from sin's presence. Peter says our sins “wage war against your soul.” David sings in the second part of **Psalm 40:12**, “my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.” Is that you, believer? Have your sins overtaken you so that you cannot see? Are they more than the hairs of your head? Is your heart failing because of your indwelling sin? Do not despair. There is more sanctifying mercy in Christ Jesus than there is corrupting sin in you. “Cry” out to God and “wait patiently for the Lord.” He will “draw you up from the pit of destruction.”

**(III) If you belong to Jesus, you can be sure God will draw you from the pit of suffering.** David sings in the first part of **Psalm 40:12**, “For evils have encompassed me beyond number.” Is that you, Christian? Have evils encompassed you beyond number? Is your heart failing because of suffering? Then cry out **Psalm 40:13** with David: “Be pleased, O Lord, to deliver me! O Lord, make haste to help me!” Edmund Calamy said, “God has put us into the fire of affliction to refine us, and make us a vessel fit for His use.” He will bring you out of the pit of suffering, believer, after he has done what he wills with you in that furnace. Christians are the happiest people on earth because God has drawn, is drawing, and will draw them up from the pit of destruction.

**IV) If you are a believer, God has made your salvation as solid and secure as possible, planting your feet upon a rock and making your steps secure (Psalm 40:2b).**

**Psalm 40:2b** “and set my feet upon a rock, making my steps secure.”

**Hebrews 7:25** “Consequently, [Christ] is able to save to the uttermost those who draw near to God through him, since he always lives to make intercession for them.” Christians are the happiest people on earth because they have an invincible Savior who has made them secure in His sovereign love.

**V) In Christ, you have a reason to sing and praise the Lord (Psalm 40:3a).**

**Psalm 40:3a** “He put a new song in my mouth, a song of praise to our God.”

Jesus loves to sing, and everyone who belongs to Jesus loves the things he loves. Jesus’ people are singing people! Christians are the happiest people on earth because they truly have something to sing about.

**VI) If you are united to Christ by faith, it is because the promises of Christ’s accomplishments have come true for you (Psalm 40:3b).**

**Psalm 40:3b** “Many will see and fear, and put their trust in the LORD.”

Christians are the happiest people on earth because they see, fear, and put their trust in the Lord Jesus.

**VII) If you belong to Christ and do not go astray after a lie, you are plugged into the source of happiness, God Himself (Psalm 40:4).**

**Psalm 40:4** “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!”

Our triune God is the fountain of joy! Christians are the happiest people on earth because they make the Lord their trust.

**VIII) If you are a believer, the sovereign God of the heaven and earth is continually working by His providence for your good and His glory (Psalm 40:5a).**

**Psalm 40:5a** “You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you!”

**Ephesians 1:11** “[He] works all things according to the counsel of his will...” Romans 8:28 “And we know that for those who love God all things work together for good, for those who are called according to his purpose.” Look at Christ singing of the Lord’s wondrous deeds and purposes for Him, even His mistreatment, abandonment by friends, crucifixion by lawless men.



If the God-man can praise God for His mighty afflictions, you can praise God for His momentary afflictions, knowing His plan is perfect. Christians are the happiest people on earth because the God of providence works all things together for His glory and their good.

## **IX) In Christ, you get to proclaim of the amazing works and purposes of God (Psalm 40:5b)**

**Psalm 40:5b** “I will proclaim and tell of them, yet they are more than can be told.”

Christians are the happiest people on earth because they get to (GET TO!) proclaim the excellencies of Him who called them out of darkness into His marvelous light.

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