

Psalm 40:1–17 (ESV)

MPS: His deliverance leads to our delight

CORPORATE PRAYER

1 Timothy 2:1–4 (ESV) *1 First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, 2 for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way. 3 This is good, and it is pleasing in the sight of God our Savior, 4 who desires all people to be saved and to come to the knowledge of the truth.*

INTRO:

- We are taking the summer to go through some Psalms (Next summer we will cover some Proverbs).
- **3 reminders**
 - The book of Psalms, often called the Psalter, is a collection of prayers sung by God's people. Think of the Psalter as a hymnbook of prayers.
 - The Psalms teach us to pray, giving us godly words for our fallen nature.
 - a. Athanasius wrote that the Psalms 'have a unique place in the Bible because most of the Scripture speaks to us, while the Psalms speak for us.'
 - b. In Luther's *Preface to the Psalter* he wrote, 'As a teacher will compose letters or little speeches for his pupils to write to their parents, so by this book He prepares both the language and the mood in which we should address the Heavenly Father.'
 - And, all of the Psalms ultimately point to Jesus!

Lk 24:44-45, "Then he said to them, "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." ⁴⁵ Then he opened their minds to understand the Scriptures,

OPEN:

You may have heard the news story earlier this year - on February 25th, a manager at the Vulcan Materials sand plant in Florida spotted what looked like a person's head sticking out of the ground. He got closer... and realized a man was buried up to his shoulders in thick, quicksand-like mud.

Well, It was 36-year-old Andrew Giddens. (so many interesting new stories start with "A Florida man...") He had broken through a fence, trespassed onto the restricted property, and had been stuck there for eight days — no food, no water, in freezing temperatures. He was nearly dead.

Vulcan runs a large sand and gravel plant. They dig deep borrow pits to extract material for roads, concrete, and construction. The process uses lots of water, which creates loose, saturated sand and silt that can turn into a suction trap when disturbed.

It took rescuers more than two hours of careful, dangerous work with ropes, ladders, and boards to pull him free — something he could never have done on his own.

Can you imagine the overwhelming relief and delight he felt the moment they lifted him out and got him the help he needed?

That's the kind of imagery David uses in Psalm 40.

Book 1 (1-41) where much of the last part was about the coming king and God judging David's enemies.

Psalm 40:1–2 (ESV) *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.*

For years he had been hunted by Saul, sinking in what felt like a miry bog with no escape. Sometimes life does that to us. We get stuck — sometimes by our own foolish choices, like Andrew trespassing into danger, and sometimes simply because we're following the Lord, like David.

His deliverance leads to our delight.

Borrow Pit Examples

1. **Addiction** — Whether to substances, pornography, or even workaholism, it pulls you deeper...The deeper the sinking the harder the struggle.
2. **Financial ruin** — Debt, poor spending, or unwise investments that create a sinking feeling of never getting ahead.
3. **Broken or toxic relationships** — A marriage in crisis, family estrangement, or unhealthy friendships that drain you.
4. **Anxiety or depression** — The mental health pit where your own thoughts become the mud that holds you down.
5. **Chronic health struggles** — Ongoing illness, pain, or fatigue that makes every day feel like wading through mire.
6. **Work burnout or toxic job** — A career or workplace that exhausts you and threatens to swallow your joy and calling.
7. **Unwise life choices** — Patterns of compromise, procrastination, or rebellion that seemed small but led to deep consequences.

8. **Grief or loss** — The pit of mourning that can feel bottomless after losing a loved one, a dream, or a season of life.
9. **Bitterness or unforgiveness** — Holding onto resentment that slowly pulls you under and isolates you from others.
10. **Spiritual drifting** — Complacency, hidden sin, or distance from God that leaves you stuck in apathy or guilt.
11. **Parenting struggles** — Difficult seasons with kids (rebellion, special needs, exhaustion) that feel overwhelming.
12. **Identity or self-worth issues** — The trap of comparison, past failures, or people-pleasing that keeps you sinking.

But here's the good news: No matter how we got there, our God is kind and powerful enough to pull us out.

His deliverance leads to our delight.

1. Deliverance by God

***Vs 1-3** 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.*

- Inclined = to bend down. This is a favorable act from God.
- Drawing up – like water from a well. Wells are dark and deep and you can't rescue yourself from a deep, dark well.
- When almost all of your energy is exerted on not sinking, wading through thick mire, it's hard to lead, love, and live like you need to. YOU NEED A DELIVERER – and it is our good God.
- God will often use natural things to accomplish supernatural deliverance.
 - My depression was tied to a few things: diet, way of thinking, etc.

Isaiah 40:31 (ESV) 31 *but they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

Two ways He delivers us from the pit:

- 1) Salvation – the pit of sin, lostness, rejecting God's help
- 2) securing our steps – either self-induced mud, or just how life goes.

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.

- **Our delight in God is incomplete until it overflows into praise.** Praise doesn't just *express* the joy we already have in God—it *completes* and *consummates* it.
- **You're not done delighting until you've done praised him**
- we delight to praise what we enjoy because the praise not merely expresses, but **completes the enjoyment**. It is its appointed consummation."
- He wants our joy in Him to reach its fullest, richest expression.
- A husband and wife who are deeply in love don't just feel affection privately—they keep telling each other, "You are so beautiful," "I can't believe you're mine," or "I love you more every day." The praise isn't flattery or duty; it completes their joy. If they felt it but never expressed it, something would feel unfinished.
- Lewis says: "It is not out of compliment that lovers keep on telling one another how beautiful they are; the delight is incomplete till it is expressed."
- Just as their love isn't final until spoken, David's rescue from the pit produces a new song in his mouth and then public testimony (Psalm 40:9-10). Our worship of God reaches consummation when we declare His faithfulness to the congregation.

2. Deeds from God

***Vs 4-5** 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.*

- Are you blessable? Three steps to being blessable: 1. Surrender, 2. Surrender, 3. Surrender
- This means blessings keep rolling over us our whole lives.
- Again, as needy people we need the blessings of God – when we receive them, we consummate the blessings by praising God in the midst of God's people.

James 4:1–3 (ESV) ***1** What causes quarrels and what causes fights among you? Is it not this, that your passions are at war within you? **2** You desire and do not have, so you murder. You covet and cannot obtain, so you fight and quarrel. You do not have, because you do not ask. **3** You ask and do not receive, because you ask wrongly, to spend it on your passions.*

3. Desires of God

6 *In sacrifice and offering you have not delighted, but you have given me an open ear. Burnt offering and sin offering you have not required.* **7** *Then I said, "Behold, I have come; in the scroll of the book it is written of me:*

- To obey is better than sacrifice
- Story of Saul not obeying.

1 Samuel 15:22–23 (ESV) 22 *And Samuel said, "Has the LORD as great delight in burnt offerings and sacrifices, as in obeying the voice of the LORD? Behold, to obey is better than sacrifice, and to listen than the fat of rams. 23 ...Because you have rejected the word of the LORD, he has also rejected you from being king."*

- Sacrifice makes provision for those unsuccessful at obedience. Obedience is Yahweh's first choice, and sacrifice is provided for those who try to obey and fail.

4. Delighting in God.

Vs 8 *I delight to do your will, O my God; your law is within my heart."*

- What is it in us that leads us to believe God's will leads to boredom, constrictions, unhappiness?
- We break through the fences of God's will to follow our own will and end up in a borrow pit.

Psalms 16:11 (ESV) 11 *You make known to me the path of life; in your presence there is fullness of joy; at your right hand are pleasures forevermore.*

Nehemiah 8:10 (ESV) 10 *... And do not be grieved, for the joy of the LORD is your strength."*

Find God's Will through: God's voice, ear, and people

CONCLUSION

7 *Then I said, "Behold, I have come; in the scroll of the book it is written of me:*

Lk 24:44-45, "Then he said to them, "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." ⁴⁵ Then he opened their minds to understand the Scriptures,

Luke 4:17–20 (ESV) **17** And the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written, **18** “The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, **19** to proclaim the year of the Lord’s favor.” **20** And he rolled up the scroll and gave it back to the attendant and sat down. And the eyes of all in the synagogue were fixed on him.

Luke 4:21 (ESV) **21** And he began to say to them, “Today this Scripture has been fulfilled in your hearing.”

- Jesus literally embodies this: He **comes** into the synagogue, takes **the scroll**, finds the place written about Him, and announces that **He is the fulfillment**.
- Unlike king Saul, The Greater, truer King said in the garden, “Not my will, but Your will be done”
- The obedient One that pleased the Father in Heaven - became the sacrifice that delivers us from the pit.

His deliverance leads to our delight.

QUESTIONS FOR GROUPS:

1 David describes God pulling him out of a “miry bog” or “pit of destruction” (Psalm 40:1-2) — a place he couldn’t escape on his own. Share a time when you felt stuck in one of the “borrow pit” situations mentioned (addiction, anxiety, toxic relationships, grief, spiritual drifting, etc.). What did waiting on the Lord and crying out to Him look like in that season? How did you experience (or are you still experiencing) God’s deliverance — whether through salvation, securing your steps, or both?

2 The psalm moves from deliverance to delight, culminating in verse 8: “I delight to do your will, O my God; your law is within my heart.” Many of us tend to view God’s will as restrictive or boring, leading us to “break through the fence” and end up in another pit. In what areas of life do you most struggle to believe that God’s will leads to fullness of joy (Psalm 16:11)? How does Jesus’ example — coming to do the Father’s will and becoming the sacrifice that delivers us — change the way you think about obedience and delight? What would it look like practically this week to move from reluctant duty to genuine delight in God’s will?