

LESSON 23

# THE GOD WHO DELIVERS

## *Psalm 40*

*To the choirmaster. A Psalm of David.*

- <sup>1</sup>I waited patiently for the Lord;  
he inclined to me and heard my cry.
- <sup>2</sup>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.
- <sup>3</sup>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.
- <sup>4</sup>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!
- <sup>5</sup>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.
- <sup>6</sup>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.
- <sup>7</sup>Then I said, "Behold, I have come;  
in the scroll of the book it is written of me:
- <sup>8</sup>I delight to do your will, O my God;  
your law is within my heart."
- <sup>9</sup>I have told the glad news of deliverance  
in the great congregation;  
behold, I have not restrained my lips,

as you know, O Lord.

<sup>10</sup>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.

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**WELCOME:** *Fixing Our Focus*

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Share with the group an instance when you were able to share God’s faithfulness in your life with others. After each member had shared their experience, think back and share with the group how frequently you share God’s faithfulness in your life with others.

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**WORSHIP:** *Adoring Our God*

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Suggested songs:

*Made Me Glad* by Miriam Webster

*He Will Hold Me Fast* by Ada Habershon and Matt Merker

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**WORSHIP:** *Adoring Our God*

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*Lesson Aim:* Members will look back at God’s deliverance and mercies in the past that they may be confident to turn to him for deliverance in current and future crises.

**Introduction**

There’s this Filipino saying, “Ang hindi marunong lumingon sa kanyang pinanggalingan ay hindi makararating sa kanyang paroroonan.” David needed to look back and recount the Lord’s goodness and mercy in his life in the past. It wasn’t specified what exactly was happening to him when he wrote this psalm, but we can see from his words how his past experience of who God is allows him to seek for the Lord’s deliverance once again. For David, looking back reminds him to anchor himself to the only One whom he can truly trust whether with respect to his sins or sufferings.

*Leader:* Lead in reading Psalm 40:1-10 aloud together. Then read the paragraph on the “Key Verse.”

*Key Verse:* As David reflected upon God’s faithfulness to him in the past, he declared, “As for you, O Lord, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!” And it is because of this truth that David continues to cling to God during times of difficulties.

**Psalm 40:1-10. Theme:** \_\_\_\_\_

1. Verse 1 talks about how David prayed to God. What can we learn about prayer from this verse?
2. What images are used by David to describe his predicament and God's salvation? What contrast is being highlighted; what emotions do the images bring about (v. 2)?
3. How did David react towards God's deliverance? What did he want other people to know about God? Encircle them (vv. 3-4).
4. What did David want to proclaim regarding God to the people? Underline these. What effect do you think this will have on people hearing David's proclamation? What can we learn from his example (vv. 5, 9, 10)?
5. According to David, what does God want from those who place their trust in him (vv. 6-8)?

*In the space above, write what you think is the theme of verses 1-10.*

**Psalm 40:11-17. Theme:** \_\_\_\_\_

*Read verses 11-17 together. Underline what David hopes for from God in verse 11. Then encircle how David described his circumstances in verse 12.*

<sup>11</sup>As for you, O Lord, you will not restrain  
your mercy from me;

your steadfast love and your faithfulness will  
ever preserve me!

<sup>12</sup>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.

<sup>13</sup>Be pleased, O Lord, to deliver me!  
O Lord, make haste to help me!

<sup>14</sup>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!

<sup>15</sup>Let those be appalled because of their shame  
who say to me, "Aha, Aha!"

<sup>16</sup>But may all who seek you  
rejoice and be glad in you;  
may those who love your salvation  
say continually, "Great is the Lord!"

<sup>17</sup>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!

6. What assurances can we hold on to based on God's character as described in verse 11?
  
  
  
  
  
  
  
  
  
  
7. David described his situation as being surrounded by evil and his own sins. How would you describe his situation in your own words?
  
  
  
  
  
  
  
  
  
  
8. What pleas did David raise to God? Why do you think God sometimes allows time to pass before answering prayers? Does this mean that he does not care enough to answer right away (*vv. 13, 17*)?

9. What are the things that David hoped for? Why do you think did David pray to God regarding his enemies like this (*vv. 14-16*)?

*In the space above, write what you think is the theme of verses 11-17.*

### **Psalm 40 in the New Testament**

1. The author of Hebrews quotes Psalm 40:6-8 in Hebrews 10:5-7 and connects this passage to Christ. What is the point being stressed by the author?

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## **WALK: *Applying the Word***

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### **Questions for Adults**

1. Share with the group a prayer that God had answered recently and caused you to sing a “new song” to him. What quality or character of God was highlighted in your experience?
2. What “sacrifices and offerings” are you giving to God superficially? What steps can you take in the coming days to make your obedience to God come from your heart?
3. Do you have any prayer items that you have been praying for but God has not answered yet? Share it with your group and encourage each other to continue persevering in prayer.
4. What are some experiences of God’s faithfulness in your life can you proclaim to people around you so that they would get to know God more?
5. Individually and as a group, pray back this psalm to God. You could start by saying something like:  

*Father, I am poor and needy, but I know that you think of me. You are my help and my deliverer...*
6. Pray for GCF (Prayer requests supplied by the Leader).

### **Questions for the Youth**

1. Often, it is difficult to be thankful in a sea of hardship and difficulties when things don't go the way we think it should. This is especially true for those who always see the negative in every situation. But David, in the face of adversity, chose to count God's blessings. In what ways have you been influenced to have a negative attitude? In what ways can you avoid this kind of attitude?
2. Count your blessings this past week. What are the small and big things that you can be thankful for?
3. David understood that God's blessings were undeserved. We might be tempted to bargain with God by saying, "God, I've prayed more than other people" or "God, I've been generous and didn't sin" and therefore ask him what we want. But David flips argument: precisely because God has blessed and loved him undeservedly, he delights in doing God's will as a sacrifice. Do we try to bargain with God? Have we realized how much he has provided, after counting our blessings?
4. David encouraged the nation by reminding them of God's benevolence and love. He recounts the history of God's deliverance to the nation. Often, one way we can realize God's goodness as well as encourage others is to share it with other people. How can you share God's blessings to others this week? How consistently do you share God's love to your circles of influence?

### **Questions for Children**

1. Have you ever felt like you were in a hard situation? What did it feel like?
2. When you are in trouble, who do you turn to for help? Is God the first person you turn to? Why or why not?
3. The psalmist declared that even if he faced difficult situations, God's steadfast love and faithfulness will preserve him. Share with the group how you have experienced God's steadfast love and faithfulness.