

**June 21, 2026**

**Psalm 40 NIV 1984**

I waited patiently for the Lord; he turned to me and heard my cry.<sup>2</sup> He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand.<sup>3</sup> He put a new song in my mouth, a hymn 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 look to the proud, to those who turn aside to false gods.<sup>5</sup> Many, O Lord my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.<sup>6</sup> Sacrifice and offering you did not desire, but my ears you have pierced, burnt offerings and sin offerings you did not require.<sup>7</sup> Then I said, "Here I am, I have come- it is written about me in the scroll."<sup>8</sup> I desire to do your will, O my God; your law is within my heart."<sup>9</sup> I proclaim righteousness in the great assembly; I do not seal my lips, as you know, O Lord.<sup>10</sup> I do not hide your righteousness in my heart; I speak of your faithfulness and salvation. I do not conceal your love and your truth from the great assembly.<sup>11</sup> Do not withhold your mercy from me, O Lord; may your love and your truth always protect me.<sup>12</sup> For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.<sup>13</sup> Be pleased, O Lord, to save me; O Lord, come quickly to help me.<sup>14</sup> May all who seek to take my life be put to shame and confusion; may all who desire my ruin be turned back in disgrace.<sup>15</sup> May those who say to me, "Aha! Aha!" be appalled at their own shame.<sup>16</sup> But may all who seek you rejoice and be glad in you; may those who love your salvation always say, "The Lord be exalted!"<sup>17</sup> Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay.



**He Set My Feet on a Rock**  
**Psalm 40**

**BIG IDEA:** Because God, our true King, has rescued us, let us respond by proclaiming his wonders in word and deed.

**OUTLINE**

I. Rescue (vv. 1-5)

II. Response (vv. 6-10)

1. Share testimony (v.3)
2. Obey (vv. 6-8)
3. Proclaim (vv. 9-10)

III. Renewal (vv. 11-17)

## DISCIPLESHIP DURING THE WEEK

These "Sermon Discussion Questions" are designed for study during the week for believers in a wide variety of ages & stages in their walk with Christ.

1. Think of a time you were stuck — really stuck. Not a minor inconvenience, but the kind of situation where you had no way out on your own. What did it feel like when someone finally showed up and pulled you out?
2. In verse 2, David describes being lifted from a "pit of destruction" and "miry bog" and set on a rock. What does this imagery tell us about the nature of David's situation — and about what kind of rescue God provides?
3. What did God's past rescue move David to do, according to verse 3? What is the connection between being rescued and becoming a witness?
4. In verses 6–8, David says that what God desires is not sacrifice and offering but an open, obedient ear and a heart that delights in His will. What is the difference between performing religion and responding to rescue?
5. Hebrews 10:5–7 applies verses 6–8 to Jesus, who alone perfectly delighted to do the Father's will — all the way to the cross. How does knowing that Jesus fulfilled this psalm on your behalf change the way you read David's words about obedience?
6. After ten verses of thanksgiving, David returns in verse 11 to petition. His troubles are not over — they are new. What does it tell you about the Christian life that David's greatest thanksgiving and his deepest need appear in the same psalm.
7. The psalm ends not with resolution but with urgent, expectant prayer: "You are my help and my deliverer; do not delay, O my God!" (v. 17). Where do you find yourself living in that space right now — already rescued, and still waiting?

## HISTORICAL CONTEXT

Psalm 40 is a psalm of both thanksgiving and lament — a rare pairing that holds rescue and renewed need in the same song. The first ten verses look back on God's deliverance and call for a response of testimony, obedience, and proclamation. The final seven verses turn forward in honest prayer as new troubles press in. Crucially, the author of Hebrews (10:5–7) quotes Psalm 40:6–8 and applies it to Christ — suggesting the psalm's deepest fulfillment belongs not to David but to his greater Son, who alone could say with complete purity: "I delight to do your will, O my God."

***Praise to Jesus*** – Praise the Lord, who listens and hears our cries. He drew us out of the pit of destruction. He delivers us from the muck and mire of life. He secures our footing and gives us hope and certainty in Him alone. He puts a new song in our hearts and multiplies His wondrous deeds and thoughts toward us. There is nothing and no one like Him. Praise the Lord!

***Repent through Jesus*** –Lord, we confess the times we forgot Your faithfulness and that You hear our cries. Instead of praying and waiting on You, we turned to friends, social media, or numbing — and let our fears and emotions hijack our minds. We have kept Your faithfulness to ourselves when You called us to proclaim it. We have returned to the miry bog of sin even after You set our feet on solid ground. We have treated Your wondrous deeds as ordinary and Your mercy as something we are owed. Forgive us for the silence where there should have been testimony, the disobedience where there should have been delight, and the self-reliance where there should have been prayer.

***Consecration for Jesus*** –Because God our true King has rescued us, let us respond by proclaiming His wonders in word and deed. We sing the new song given to us by our Savior and Redeemer, Jesus Christ. With unrestrained lips we testify of His wondrous deeds and thoughts toward us, and of the glad news of deliverance found in Him — to those who are desperately waiting for good news.

## FOR FAMILIES AND YOUNG CHILDREN

These questions are written to aid parents in leading family devotions with their children.

1. What does it mean that God “inclined to me and heard my cry? How does this wonderful truth encourage you? (This means that God heard David’s prayer for help. This is meant to encourage us to trust in God and to remind us that we have His eternal peace when we pray to Him.)
2. What does verse 4 teach us about the blessed life? (Once again, we are reminded that the blessed life is a life that trusts or believes in God and His promises for us. Talk with your children about the difference trusting God has made in your daily life. As we have learned in the psalms, and once again in this psalm, that trusting God does not mean that we won’t have struggles in life. It means that God is with us, which is meant to encourage us and give us His peace.)
3. Verse 11 is another encouraging verse in this psalm. What three gifts from God does David mention in this verse? (He mentioned God’s mercy, steadfast love, and faithfulness. These are very important things to understand. God’s mercy is the undeserved gift that God takes the punishment that we deserve. His steadfast love is His covenant love that He lavishes on us. This love is eternal and always with us. His faithfulness is part of His character that never changes. What He promises will come true. He never lets us down or lies to us.)
4. Who are those mentioned in verse 16 that “rejoice and be glad” in the LORD? (Those who seek Him. Talk with your children about the ways we can seek Him every day, primarily through the study of His Word and prayer.)

Scriptures for further study:

Hebrews 10:1-10

Exodus 34:6

## FOR STUDENTS

Scriptures for further study:

Hebrews 10:1-10

2 Corinthians 5:21

1. What does it mean to wait patiently for God? Does it mean that David was inactive? Why or why not?
2. What do we learn about the blessed life from verse 4?
3. How did David express in verses 6-8 the difference between outward and inward obedience to God?
4. In verses 11-17, David returns to his petitions for help from the LORD. What does he ask from the LORD?
5. What do you see in this psalm that connected with some of the earthly ministry of Jesus?

## FOR NON-BELIEVERS OR NEW BELIEVERS

1. The gospel teaches that God, through Jesus Christ, has rescued us from the ultimate “slimy pit” (v.1) and helplessness of sin and death. But “blessed is the man who makes the Lord his trust” (v.4).

Question: Have you trusted in Christ for your rescue and salvation?

2. Can you perhaps recall a situation in your life when you felt like you were in dire need and someone rescued you?

Question: Have you acknowledged God’s hand in that? Have you told others your story so they, too, can be encouraged to put their “trust in the Lord” (v.3)?

3. Why do you think testimonies are so powerful? Can you think of any particular testimonies you’ve heard that were especially moving to you?

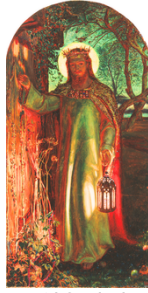
4. God’s total rescue of our lives entails a total and wholehearted response of love and obedience from us.

Question: What are some areas in your life that you would more readily surrender to the Lord?

5. Though God has already rescued us (saved us), yet he also promises a final and forever rescue from all the “mud and mire” of this life.

Question: What are you most looking forward to in the life to come?

# The Blessed Life: A Study of the Psalms



*"The Light of the World" (1851-1853) by William Holman Hunt*

## **Psalms Introduction**

The Book of Psalms is the sacred place where the living God meets His people in the most intimate and personal of ways. He invites them to know Him not merely as an idea, but as their refuge, portion, shepherd, and King. From the opening doorway of blessedness in Psalm 1 to the climactic Hallelujahs of Psalm 150, the Psalter reveals that the truly happy life is one rooted in the person and work of Almighty God, whose steadfast love holds His people through every season of the soul. As the Psalter moves from anguish to adoration, from darkness to dawn, it becomes a mirror of the Christian life itself. It teaches us to pray honestly, to hope stubbornly, and to sing faithfully, even when night seems long. In the deepest valleys, the Psalms give voice to the church's groan; on the highest heights, they train the church's doxology. And in every line, every cry, and every hallelujah, Christ Himself comes near, revealing the light of the world in the dark night of the soul and leading His people into the blessedness that only His grace can give.

– Pastor Bill

## **About the artwork and artist.**

The Light of the World, 1851-1853, is an iconic allegorical painting by William Holman Hunt. The painting depicts Jesus Christ as a regal figure in flowing robes, wearing a crown of thorns, holding a glowing lantern, and preparing to knock on a weed-overgrown wooden door with no external handle. This illustrates Revelation 3:20 from the Bible: "Behold, I stand at the door and knock; if any man hears My voice and opens the door, I will come in to him..." The artist William Holman Hunt is showing us that Jesus is the divine door to the living God who meets His people in the most intimate and personal ways. The closed, overgrown door → representing the human soul or "obstinately shut mind" that has long ignored spiritual calling. There is no handle on the outside → the door can only be opened from within, emphasizing free will and personal invitation to faith. The lantern → Christ as the light of the world (John 8:12), illuminating darkness and offering salvation. The work marked Hunt's deepening Christian faith (from earlier agnosticism) and became one of the most reproduced and devotional images of the Victorian era, inspiring oratorios, hymns, and widespread popular piety. It's often called a visual sermon on personal salvation.