

Delight In God's Will

Psalm 40

MEMORY VERSE

PSALM 40:8

“I delight to do Your will, O my God, and Your law is within my heart.”

WHAT YOU WILL NEED:

Two sheets of paper and two pencils.

Butcher paper, construction paper, markers, scissors and glue.

A dry-erase board, dry-erase marker, paper and pencils.

ATTENTION GETTER!

God's Promises

In the first three verses of Psalm 40, there are seven things God did for David. We can find them by looking for the verbs (action words). Split the class into two teams and see who can find all seven verbs. You will need two sheets of paper and two pencils. Split your class into two teams. Tell them to each list on their paper the seven things that God did for King David in the first three verses of Psalm 40. The team that finds all seven first is declared the winner. (For younger classes, have the teacher with one group and the assistant with the other. The teacher/assistant will read the verses aloud and write the lists as the children find the seven things God did for David.) Find some privilege or reward for the winning team.

Here are the seven things God did for David:

1. The Lord inclined (or stooped down) to David.
2. The Lord heard his cry, or prayer.
3. The Lord brought him up out of a horrible pit.
4. The Lord brought him out of the miry clay.
5. The Lord set his feet upon a rock.
6. The Lord established his steps.
7. The Lord put a new song of praise in his mouth.

LESSON TIME!

Psalm 40 celebrates God's intervention in David's life and the lives of all those who seek the Lord. David faced many tough situations, yet God was always there for Him. He learned to see beyond his circumstances and trust in the God who had so many times delivered him in the past and, surely, would deliver Him in the present. May we learn, as did David, we can **trust in God**.

PSALM 40:1-2

I waited patiently for the LORD; and He inclined to me, and heard my cry.

He also brought me up out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my steps.

What is the first thing you think of yelling out when you are scared? I know the first thing I think of is, "HELP!" King David cried out to the Lord for help, and then he waited patiently for the Lord to answer. Is it ok for us to cry out to the Lord for help? Some people may think that we have to be strong and not show any weakness. Some may think that if we show the Lord that we are weak, He will not be pleased with us.

It is important to remember that the Lord knows we are weak. We are not telling Him anything new, and we do not have to prove anything to Him about our “spirituality.” Actually, God loves to talk to us in whatever state we are in, and He is delighted when we cry out to Him when we have problems. He wants us to put our trust in Him, and He desires to help us!

Once we have cried out to God to help us, what is the next step? Do we immediately go and try to fix things on our own, or do we wait patiently for God to answer? Waiting upon God to direct and lead us shows that we have faith in Him; it reveals that we trust God is working all situations according to His perfect timing and will. In verse one we read that God inclined to the Psalmist. In the Greek language, the word “incline” means to slope or stoop down. God comes down to where we are and meets us. Is it not great to know that the Lord hears our cries and even stoops down to listen to us? **Trust in God.**

When we look back and see how God helped us out of many trials and difficult situations, it helps us continue to put our faith in Him.

The horrible pit and miry clay would illustrate the problems and difficulties we might be facing. A pit is a very deep hole and miry clay is thick, sluggish mud. Imagine God reaching down and pulling us out of that kind of mess! He brings us out of situations that could really harm us. Then, He puts us on solid ground--Jesus Christ, the rock! He keeps our steps on this firm foundation. God wants us to come to Him just where we are and just how we are, but He loves us too much to leave us there. **Trust in God.**

Note: A rock is often used in the Bible as a word picture to describe God and Jesus. What do you think of when you think of a rock? It is firm and cannot be broken. We will sink in mud and clay, but we will stand firmly on a rock. The Lord is a rock—the one and only rock. We can put our trust in Him. He will be a solid foundation for us to build our lives upon (1 Corinthians 3:11).

“God Set My Feet Upon a Rock”

(Bulletin Board Project)

Using the theme, “God has set my feet upon a rock” make a bulletin board decoration for your class. You will need butcher paper, construction paper, markers, scissors, and glue. First, put up butcher paper to cover the entire bulletin board. It can be any color. Next, give each child a sheet of gray construction paper. Have them cut out a rock shape. Next, they should draw two feet on the rock shape. They can write their names on the rock. Allow them to decorate their rocks however they wish.

With a glue stick, glue each rock to the butcher paper. In the center write, “God has set my feet upon a rock” Psalm 40:2. You can do this with a marker or cut out letters. Perhaps some of the students can use construction paper and decorate a nice border for the bulletin board as well.

PSALM 40:3-5

He has put a new song in my mouth—praise to our God; many will see it and fear, and will trust in the LORD.

Blessed is that man who makes the LORD his trust, and does not respect the proud, nor such as turn aside to lies.

Many, O LORD my God, are Your wonderful works which You have done; and Your thoughts toward us cannot be recounted to You in order; if I would declare and speak of them, they are more than can be numbered.

No longer sad, David had a *new* song in his heart—a song of praise to the God who delivered him and whom he knew would continue to deliver him. Trusting in God can give one a song even in the midst of difficult circumstances. Do you know the story of Paul and Silas while in prison? Though beaten and chained for sharing the Gospel, they began to sing praise songs to the Lord. Can we rejoice even in the midst of trials? We can, as we get to know our faithful God and learn we can **trust in God**.

David realized he could not even begin to count all the good things God had done for him, nor could he count God's loving thoughts toward him. We, too, will find as we meditate on all of God works in our lives, we cannot possibly count all He has done. How comforting to know we are never out of God's thoughts. Did you know God never sleeps or slumbers (Psalm 121:4)? He thinks about us continually. Therefore, as the Psalmist, we can know we are safe in any circumstance. **Trust in God**.

PSALM 40:6-8

Sacrifice and offering You did not desire; my ears You have opened. Burnt offering and sin offering You did not require.

Then I said, “Behold, I come; in the scroll of the book it is written of me.

I delight to do Your will, O my God, and Your law is within my heart.”

God does not want sacrifices. He wants loving obedience. David delighted to do God's will for His law was within his heart. God is most interested in our hearts; for what is inward in our hearts will produce outward actions. How can we get God's law into our hearts? We need to *read* God's Word—the Bible--and *meditate* (really think) on it. For it is the Word of God that changes our lives—it helps us know God's will and teaches us that God has enabled us to do His will through our faith Jesus Christ. In Psalm 119:11 we read, "Your word I have hidden in my heart, that I might not sin against You." In Psalm 119:105 we read, "Your word is a lamp to my feet and a light to my path."

PSALM 40:9-11

I have proclaimed the good news of righteousness in the great assembly; indeed, I do not restrain my lips, O LORD, You Yourself know.

I have not hidden Your righteousness within my heart; I have declared Your faithfulness and Your salvation; I have not concealed Your lovingkindness and Your truth from the great assembly.

Do not withhold Your tender mercies from me, O LORD; let Your lovingkindness and Your truth continually preserve me.

How glad David was for all God had done in His life! His gladness prompted him to boldly proclaim the good news of God's righteousness, faithfulness, and salvation with others.

God's plan works that way! As God works in our lives—saving, delivering, and restoring—he wants us to encourage others who need God's work in their own lives. How exciting when God uses us to comfort and encourage someone who has been hurting or down!

PSALM 40:12-15

For innumerable evils have surrounded me; my iniquities have overtaken me, so that I am not able to look up; they are more than the hairs of my head; therefore my heart fails me.

Be pleased, O LORD, to deliver me; O LORD, make haste to help me!

Let them be ashamed and brought to mutual confusion who seek to destroy my life; let them be driven backward and brought to dishonor who wish me evil.

Let them be confounded because of their shame, who say to me, "Aha, aha!"

In this psalm, King David praises God for His previous deliverance and also asks God to bring deliverance in the present. David is honest about the condition of his own heart. The Bible says, "There is none righteous, no, not one..." (Romans 3:10). The good news is that because of the work of Jesus Christ on the cross, God offers forgiveness. 1 John 1:9 states, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."

In verses 14-15, David expresses to God his anger over his enemies. He even gives God some tips on how to handle them! God knew what was in David's heart before he even spoke, just as He knows our heart; though David spoke in anger and frustration, God allowed David to "vent" (to just unload his heart). God does not need man to be His counselor. The Lord will take care of his enemies in His own way. Thankfully, God's desire is that all men, even our enemies, are brought to repentance and salvation.

God wants us to pour our hearts out to Him as did David. God knows what is in our heart already. He wants us to trust in Him when we feel we have been wronged by others and to let Him handle the situation. **Trust in God.**

PSALM 40:16-17

Let all those who seek You rejoice and be glad in You; let such as love Your salvation say continually, “The LORD be magnified!”

But I am poor and needy; yet the LORD thinks upon me. You are my help and my deliverer; do not delay, O my God.

King David ends this psalm with a prayer for all those who seek the Lord. How important that we learn to be concerned for the interest of others and not just ourselves. Philippians 2:4 states, “Let each of you look out not only for his own interests, but also for the interests of others.”

David then concludes in prayer. He recognizes His own condition, “poor and needy,” yet does not stop there. As all of Psalm 40 exemplifies, David sees the hand of an all-powerful, yet loving, personal, and intimate God who has intervened in his life and will intervene in the lives of all who seek Him.

“The Lord thinks upon me,” David reflects. How comforting, for God’s thoughts towards us are good—to give us a future and a hope (Jeremiah 29:11). David reminds himself and us who face a present need, God is our help and our deliverer. We can rest in the fact that He who has helped us—stooped down to hear our cry, lifted us to solid ground, guided our feet and more--in times past will again intervene in our lives. We can depend on Him! **Trust in God.**

Letter Game

For this game, you will need a dry-erase board, dry-erase marker, paper, and pencils. Explain that King David wrote at least 73 of the Psalms. This game will help us to remember key things from his life and the Psalms. Write the word, “David,” on the board from top to bottom on the left-hand side of the board. Split your children into groups of two or three depending upon how many children you have. You will have a group of two or three for each letter in “David” (more if you have more children). The object of the game will be for them to think of as many things as possible that begin with their letter and relate to David’s life, the Psalms, or the lesson today.

After giving the groups a time limit, have each group write down their answers on a sheet of paper. For younger children, you can have each group say their answers while you write them on the board.

When everyone is done, go to the board and have each group give you their answers. See who has the most answers. They can use their Bibles and think of anything related to “God’s Will” in the Bible.

Examples:

“D” – Delights in God’s will.

“A” – Apple of God’s eye

etc.

PRAYER

Lead the children in a prayer of commitment to trust in the Lord through any difficulty that may come their way and to celebrate His goodness to them. If there are any children who have not yet responded to the Gospel, give them opportunity.