

7 Sundays in Psalm 40

"I often call Psalm 40 my testimony Psalm. I love it because it perfectly describes what the LORD did for me before, during and after my conversion.

The following is a basic summary of the 7 weeks we spent as a Sunday School class digging into Psalm 40. I would like to share more details of this study as I am able to. Perhaps you may like to use it as a jumping off point for your own Bible study. Feel free to contact me if you have questions or comments." Growing in grace, Melissa

Sunday One: GOD'S PURIFICATION through HIS CLEANSING/ PURGING

- 1) I waited patiently for the Lord;
and He inclined unto me, and heard my cry.
- 2) He brought me up also out of an horrible pit, out of the miry clay,
and set my feet upon a rock, and established my goings.
- 3) And He hath put a new song in my mouth,
even praise unto our God: many shall see it, and fear, and shall trust in the Lord.

Sunday Two: GOD'S THOUGHTS & WONDERS (I TRUST THE ONE WHO THINKS OF ME)-

- 4) Blessed is that man that maketh the Lord his trust,
and respecteth not the proud, nor such as turn aside to lies.
- 5) Many, O Lord my God, are Thy wonderful works which Thou hast done,
and Thy thoughts which are to us-ward:
they cannot be reckoned up in order unto thee:
if I would declare and speak of them,
they are more than can be numbered.

Sunday Three: GOD'S DESIRE- What God wants from me

- 6) Sacrifice and offering Thou didst not desire;
mine ears hast Thou opened:
burnt offering and sin offering hast Thou not required.

7) Then said I, Lo, I come:
in the volume of the book it is written of me,
8) I delight to do Thy will, O my God:
yea, Thy law is within my heart.

***Sunday Four: GOD'S WILL- Seeking and doing His will for me
with pleasure***

8) I delight to do Thy will, O my God:
yea, Thy law is within my heart.

-THY WILL-

9) I have preached righteousness in the great congregation:
lo, I have not refrained my lips,
O Lord, thou knowest.

10) I have not hid Thy righteousness within my heart;
I have declared Thy faithfulness and Thy salvation:
I have not concealed Thy lovingkindness and Thy truth from the great
congregation.

11) Withhold not Thou Thy tender mercies from me, O Lord:
let Thy lovingkindness and Thy truth continually preserve me.

***Sunday Five: GOD'S PRESERVATION - His truth (His Word) and
mercy protect me and save me***

11) Withhold not Thou Thy tender mercies from me, O Lord:
let Thy lovingkindness and Thy truth continually preserve me.

12) For innumerable evils have compassed me about:
mine iniquities have taken hold upon me, so that I am not able to look up;
they are more than the hairs of mine head: therefore my heart faileth me.

13) Be pleased, O Lord, to deliver me:
O Lord, make haste to help me.

***Sunday Six: GOD'S PROTECTION & RETRIBUTION- The LORD
will deal with the enemy***

14) Let them be ashamed and confounded together that seek after my soul to destroy it; let them be driven backward and put to shame that wish me evil.

15) Let them be desolate for a reward of their shame that say unto me, Aha, aha.

Sunday Seven: MY WORSHIP - MY GRATITUDE- MY PRAISE

16) Let all those that seek Thee rejoice and be glad in Thee:
let such as love Thy salvation say continually, The Lord be magnified.

17) But I am poor and needy; yet the Lord thinketh upon me:
Thou art my help and my deliverer;
make no tarrying, O my God.

Growing in Grace ~HBC
Melissa Scott 2015