

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, we see seven things that God did for David. These are promises for us. We can find them by looking for the verbs (action words). For a game to begin our lesson we will split into two teams and see who can find all seven verbs. For this game, you will need two sheets of paper and two pencils. Split your class into two teams. Tell them to each list the seven things that God did for King David in the first three verses of Psalm 40.

Have the groups list them on a sheet of paper. For younger classes have the teacher with one group and the aide with the other. Read the verses aloud to the children and have them find the seven things that God did for David. Write them down for them. The team that finds all seven first is declared the winner and gets to have the privilege of serving the rest of the class by passing out Bibles or other classroom material.

These are the seven things:

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!

As we walk with the Lord, we will encounter trials that are sent to strengthen our faith in God and to bring us into a closer relationship with Him. In this Psalm we see how King David thanks the Lord for past deliverance and puts his trust in God. We also should **trust in God**.

King David wrote about his many trials and difficulties. David learned to lean upon the Lord during those difficult times. He put his trust in the Lord. Maybe you or your family is going through a difficult time right now. Maybe the problems are so big that it looks like you are going to drown. Do not be discouraged; the Lord desires to help you.

Let us take a look today at how David handled his trials. What is God's plan to help us when we are going through trials?

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!” That is what King David did. He cried out for help to the Lord 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 then He won't be pleased with us or even that it's a sin.

The important thing for us to remember is that the Lord knows that we are weak. We aren't telling Him anything more, and we don't have to prove anything to Him about how spiritual we are. Actually we find that the Lord wants us to trust in Him with all of our hearts. He wants us to cry out to Him when we have problems because He desires to help us.

When we have cried out to God to help us, what do we do next? 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 in 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 it means to slope or stoop down. God comes down to where we are and meets us. Isn't it 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 is an illustration of all the problems that we can face. 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, a rock! He keeps our

steps on a 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.**

It is interesting also that a rock is a picture used throughout the Bible to describe God and Jesus. What do you think of when you think of a rock? It is firm and can not be broken. We will sink in mud and clay, but we will stand firm on a rock. The Lord is that rock. That is whom we are placing our trust in. He will be a solid foundation for us to build our lives upon.

“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. Then they should write their names on the rock. Next 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 get really creative and cut out letters. Have some of the students use construction paper and decorate a nice border for the bulletin board as well. Make sure everyone is involved and this will serve as a reminder of the lesson for weeks.

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.

When we place our trust in Him, God gives us peace and joy. He replaces the fear in our heart with peace. God's presence in our lives brings comfort. **Trust in God.**

How do you suppose that Paul and Silas in Acts 16 sang praise songs to the Lord while in prison after just having been beaten for sharing the gospel? The Lord filled their hearts with joy! Can we rejoice even in the midst of trials? The Bible teaches us to **trust in God.**

Verse 4 gives us a promise that we can count on when we turn from the wickedness of this world and trust in God. The promise is that He blesses us for trusting in Him. What a wonderful comfort to know that God blesses those who trust in Him. God wants to bless our lives abundantly if we would only turn to Him and place our trust in Him. **Trust in God.**

When we praise the Lord, we soon discover that we cannot even begin to count all the good that He has done for us. We begin to realize and to believe that we are never out of God's thoughts. We can rest assured in knowing that God never sleeps or slumbers. Psalm 121:4, therefore the Psalmist knew that he was always safe in any circumstance, since God thinks of Him continuously. **Trust in God.**

Have you ever felt like God was very distant, that maybe He doesn't care about the problems that you are facing? Well the Bible teaches us that God is continually thinking about His people. He is interested in the details of our lives. He is listening, even stooping down to listen, thinking about us and desiring to help us.

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 only loving obedience. When we delight to do God's will, we will find such blessings. His law, or Word, brings knowledge and comfort. **Trust in God.**

It is important to read God's Word everyday, and pray that the Lord would change our hearts through His Word. Do we delight to do God's will? Do we want to do those things we read in His Word? Do we want to completely obey Him and give Him every part of our lives? This is what He wants us to do. Have you ever wondered what God's will for your life is? We have a glimpse here. He wants us to delight in Him and to place our trust in Him completely.

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.

Because of what the Lord had done in King David's life, he had a boldness to share these things with others. God wants to use our lives to be an encouragement to others. The things that He has brought each one of us in our lives can give great encouragement to others who are having problems. We need to remember to share with others who are hurting and be willing to be used by God to help someone who is down.

King David was courageous and bold in proclaiming God's truth. But he also knew that it was God who encouraged him to carry His message. David learned to have trust in the Lord. May we also learn to **trust in God!**

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!”

As King David praises God for His previous deliverance from evil, he brings to the Lord his present sin, trusting God will be faithful in delivering him once again. We sin because we are sinners. God understands that we need His help daily to keep us from sinning; and when we fail, we need His forgiveness. We need to ask God for help each day in order to receive His grace to live the Christian life. We see that David trusted God in the present as he had trusted Him with his past. **Trust in God.**

In verses 14-15, David was very angry and fearful of his enemies; he tells God about his anger and even gives God some ways that he would like to see God handle things. God knew what was in David's heart before he even spoke, just as He knows our heart. Even though David was expressing his frustration to the, Lord, he knew that the Lord would take care of his enemies in His own way.

God wants us to pour our hearts to Him and David was doing just that. God wants us to trust in Him even when we are angry and have been wronged by others. We need to trust in Him even when we think our enemies are succeeding with their evil. We need to keep our eyes on God and not on man, and we need to let the Lord 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, even in the midst of his trouble he prays for those who love the Lord and for himself. In praying for others and ourselves, we can learn how to trust God in all things and keep our focus on Him when the going gets tough. David is giving us an example of trusting God to care for those who love and walk with Him as well as leaning on Him with our own lives. It is when we pray that we will discover how to praise God good times and bad! **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 many 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 relates to David’s life, the Psalms or the lesson today.

Give the groups a time limit and have them write down on a sheet of paper what their answers are. For younger children you may need to have each group say what their answers are and write them on the board as they give them to you

When everyone is done go to the board. 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 the Lord to trust Him in any difficulty that may come their way. If there are any children who have not yet responded to the gospel, give them opportunity to do so.