

# Interlude: Trials and Tribulations

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# Psalms for Quiet Time

## Psalm 40



“40”



I waited patiently for the Lord



He inclined and heard my cry





He brought me up out of the pit



Out of the miry clay





I will sing ... sing a new song



He set my feet upon a rock



And made my footsteps firm



Many will see Many will see and fear



I will sing... sing a new song

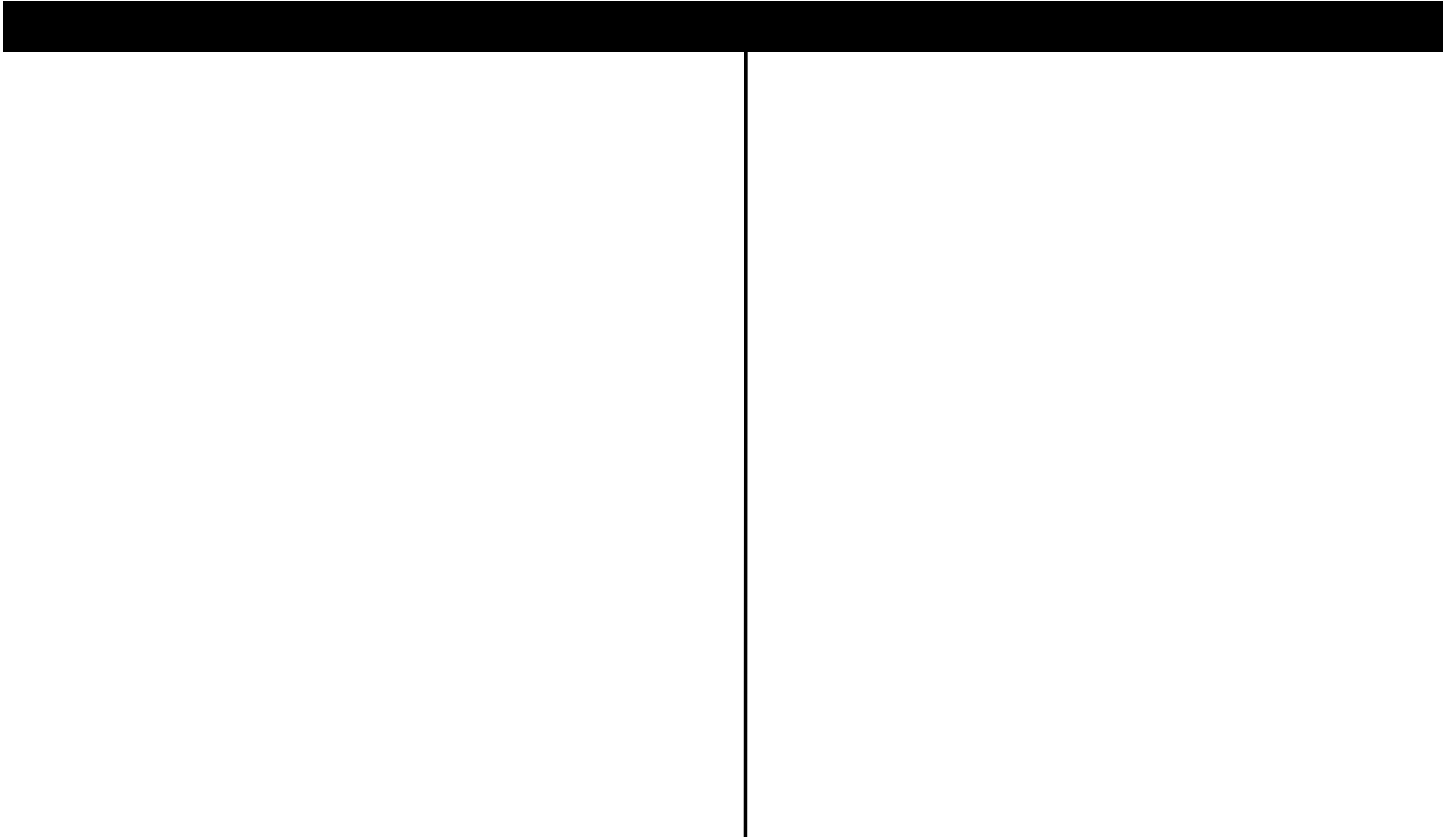


# Psalm 40 – A Psalm of Deliverance





# Psalm 40 Structure



# Psalm 40 Structure

Thanks for Past  
Deliverance  
(v. 1-10)

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1-3: Describes the  
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4-5: A song of praise  
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Prayer for Present  
Deliverance  
(v. 11-17)



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4-5: A song of praise  
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## Prayer for Present Deliverance (v. 11-17)

11: Prayer for God to  
reveal his mercy

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13-17: Plea for deliverance

# The importance of remembering God's deliverance

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1-3: Describes the  
past deliverance

I waited patiently  
for the LORD



1-3: Describes the  
past deliverance

He inclined to  
me and heard  
my cry



1-3: Describes the  
past deliverance

He drew me up  
from the pit of  
destruction



1-3: Describes the  
past deliverance

Out of the  
miry bog



1-3: Describes the  
past deliverance

And set my feet  
upon a rock,  
making my steps  
secure



1-3: Describes the  
past deliverance

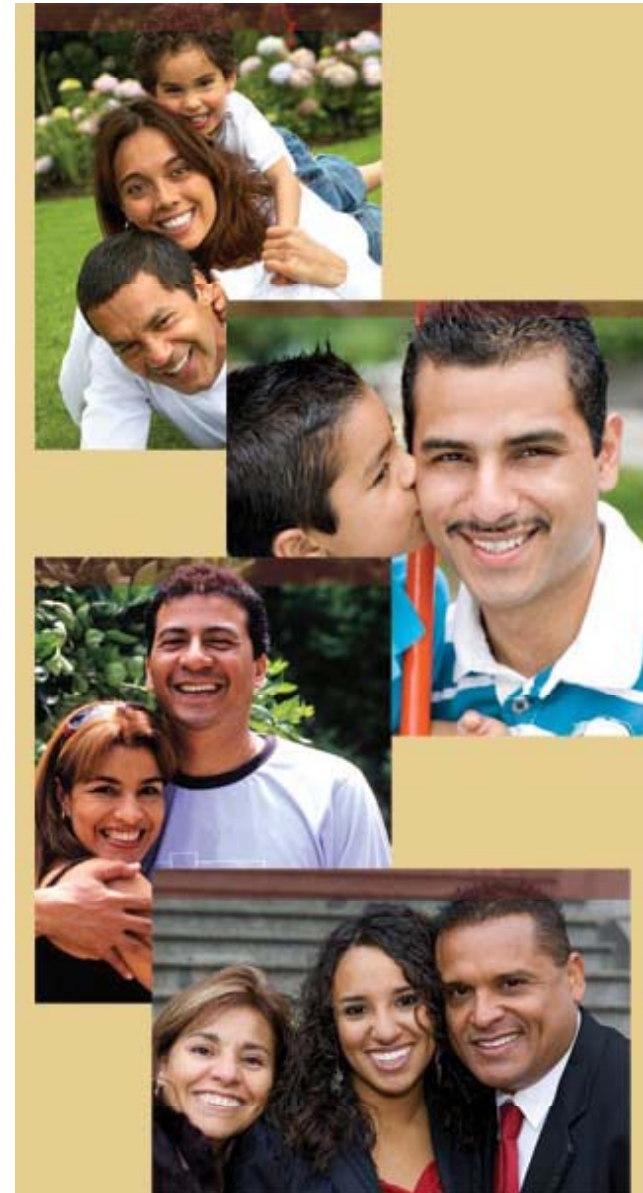
He put a new  
song in my  
mouth, a song of  
praise to  
***our God***





1-3: Describes the  
past deliverance

Many will see  
and fear, and put  
their trust in the  
LORD



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for past deliverance

6-10: Gratitude expressed  
through behavior

4-5: A song of praise  
for past deliverance

Blessed is the  
man who makes  
the Lord his trust



4-5: A song of praise  
for past deliverance

Who does not  
turn to the  
proud, to those  
who go astray  
after a lie!



4-5: A song of praise  
for past deliverance

You have  
multiplied, O LORD  
my God, your  
wondrous deeds  
and your thoughts  
toward us



4-5: A song of praise  
for past deliverance

None can compare  
with you! I will  
proclaim and tell  
of them, yet they  
are more than can  
be told.



# Psalm 40

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Deliverance  
(v. 1-10)

1-3: Describes the  
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6-10: Gratitude expressed  
through behavior

6-10: Gratitude expressed  
through behavior

In sacrifice and  
offering you have  
not delighted, but  
you have given me  
an open ear.





6-10: Gratitude expressed  
through behavior

I delight to do  
your will, O my  
God; your law is  
within my heart



6-10: Gratitude expressed  
through behavior

I have told the  
glad news of  
deliverance ... your  
faithfulness and  
your salvation...  
your steadfast  
love



# The importance of remembering God's deliverance

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(v. 11-17)

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distress

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deliverance

## 11: Prayer for God to reveal his mercy



As for you, O Lord,  
you will not restrain  
your mercy from  
me; your steadfast  
love and your  
faithfulness will ever  
preserve me!

# The importance of remembering God's deliverance

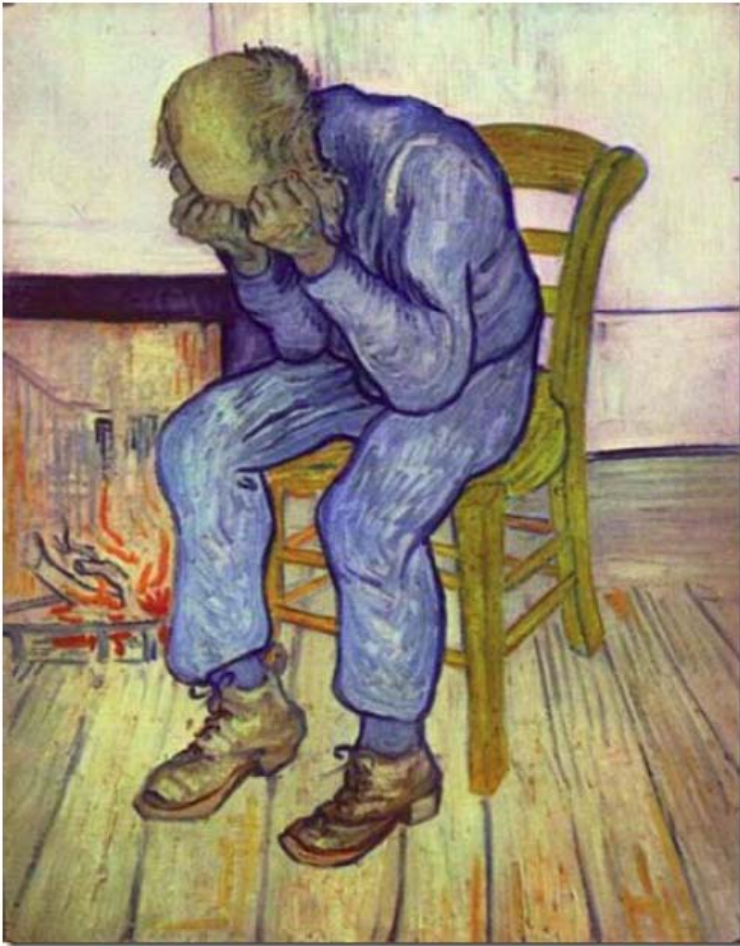
Prayer for Present  
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13-17: Plea for  
deliverance

## 12: Description of distress



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.

# The importance of remembering God's deliverance

Prayer for Present  
Deliverance  
(v. 11-17)

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reveal his mercy

12: Description of  
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13-17: Plea for  
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## 13-17: Plea for deliverance



Be pleased, O LORD, to  
deliver me! LORD, Make  
haste to help me!

...

You are my help and my  
deliverer; do not delay, O  
my God!

## 13-17: Plea for deliverance



Be pleased, O LORD, to  
deliver me! LORD, Make  
**haste** to help me!

...

You are my help and my  
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## 13-17: Plea for deliverance



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You are my help and my  
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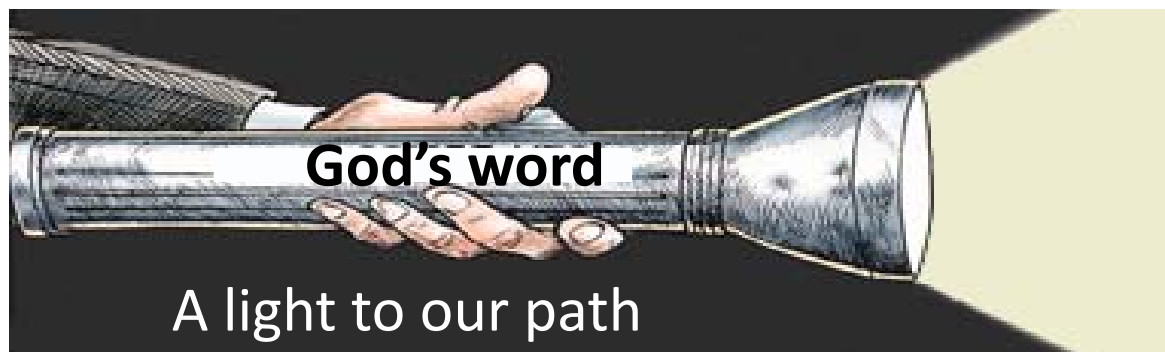


## Points for Home

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*"I waited patiently  
for the LORD"*  
(Ps. 40:1)





## Points for Home

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*"I waited patiently  
for the LORD"*

(Ps. 40:1)

***Hurry up and be patient!***





## Points for Home

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*"I have not hidden your  
deliverance"*  
(Ps. 40:9)





## Points for Home

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*"I have not hidden your  
deliverance"*

(Ps. 40:9)

***How dare we keep quiet!***





## Points for Home

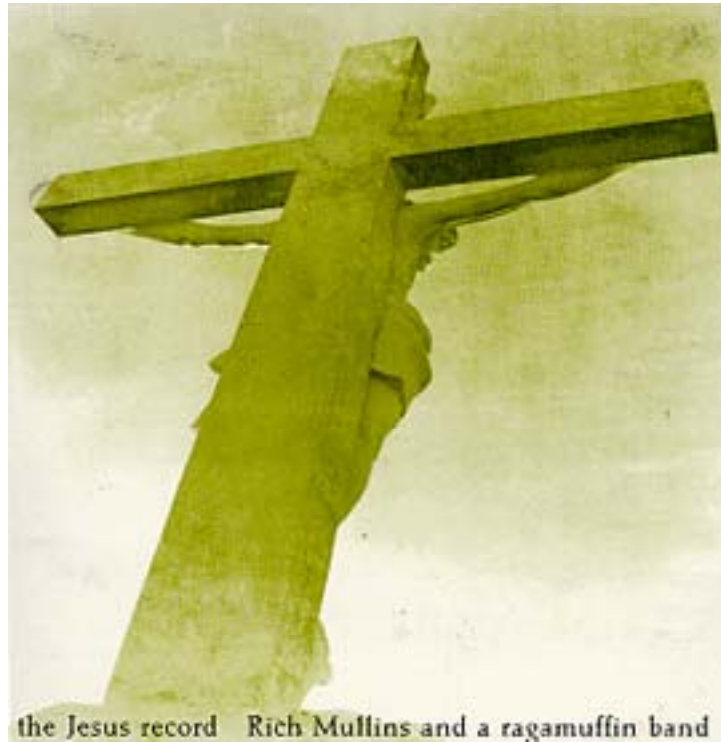
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*"Be pleased, O LORD, to  
deliver me"*

(Ps. 40:9)

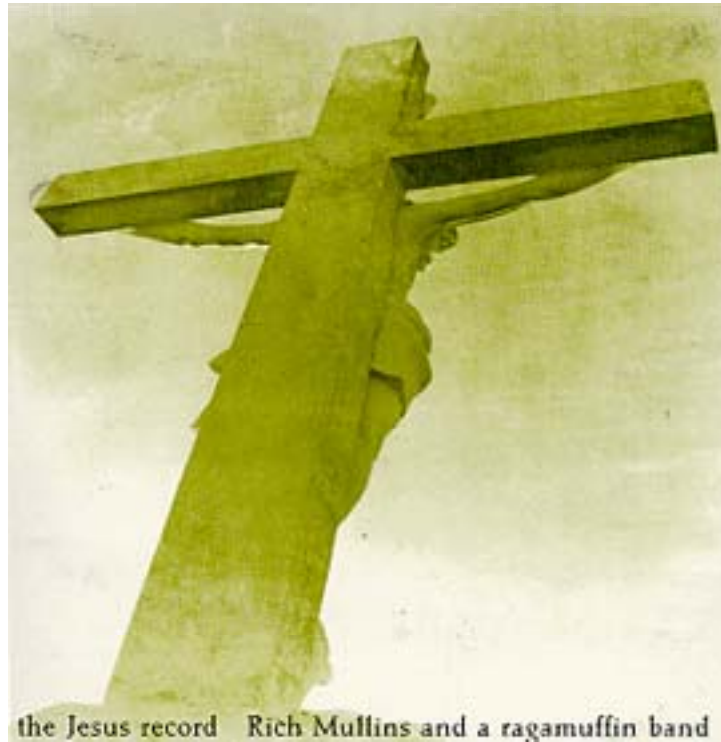






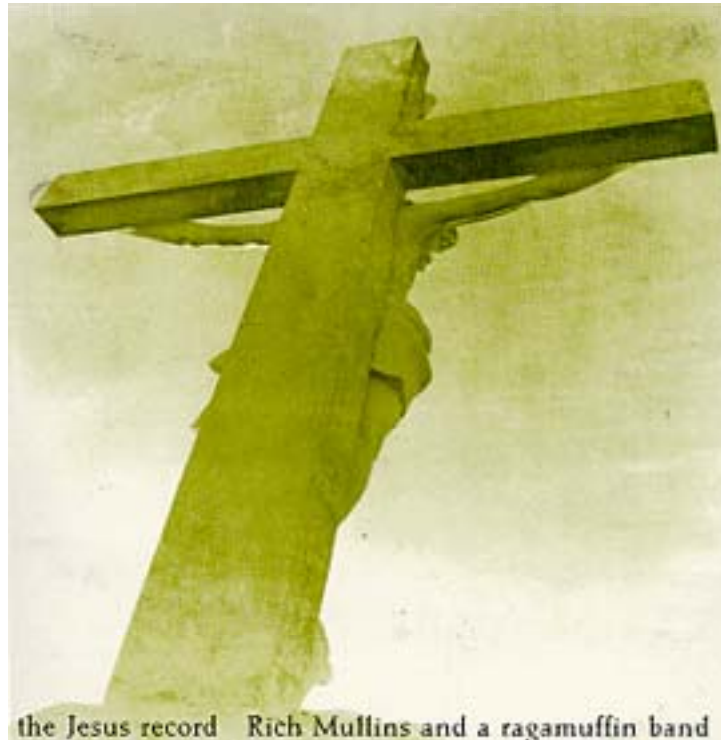
*My Deliverer* – Rich Mullins

Joseph took his wife and child and they  
went to Africa



*My Deliverer* – Rich Mullins

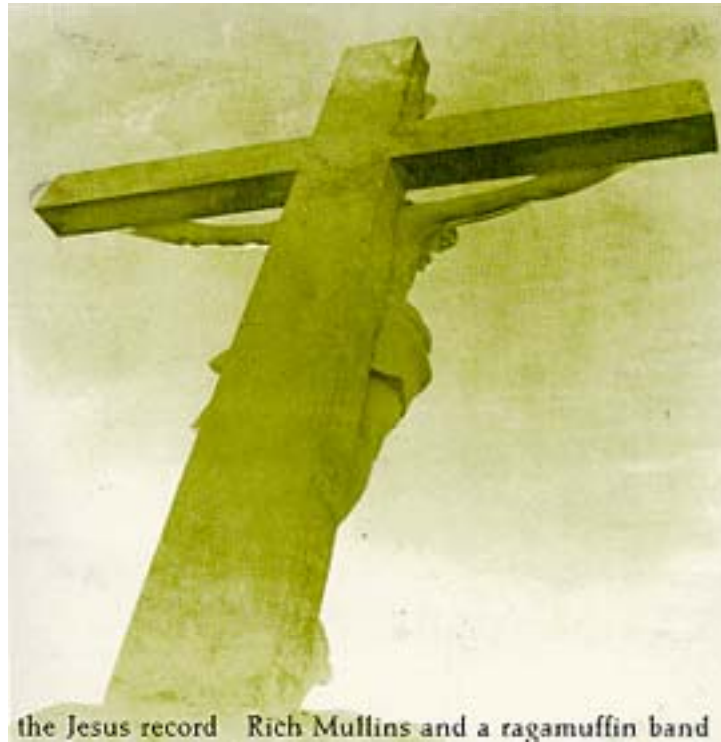
To escape the rage of a deadly king



the Jesus record Rich Mullins and a ragamuffin band

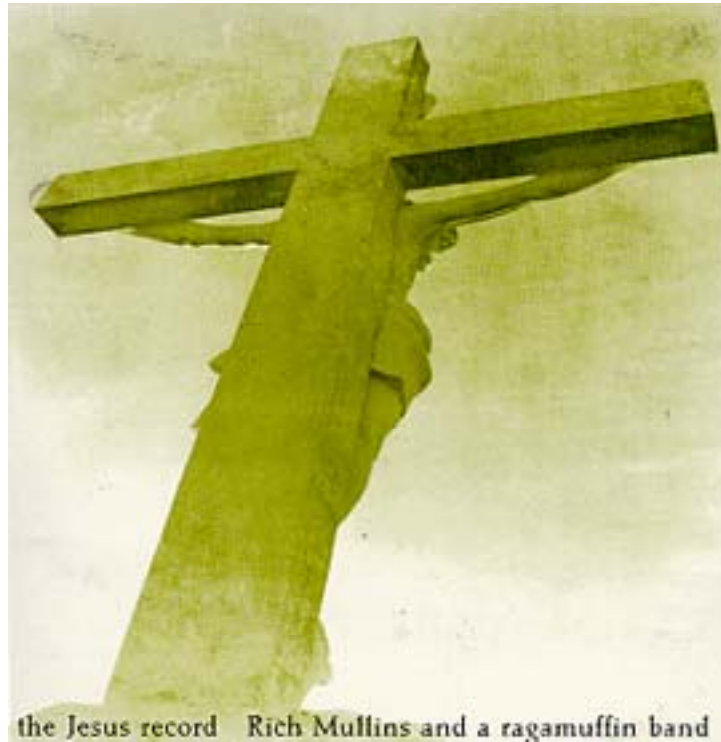
*My Deliverer* – Rich Mullins

There along the banks of the Nile,  
Jesus listened to the song



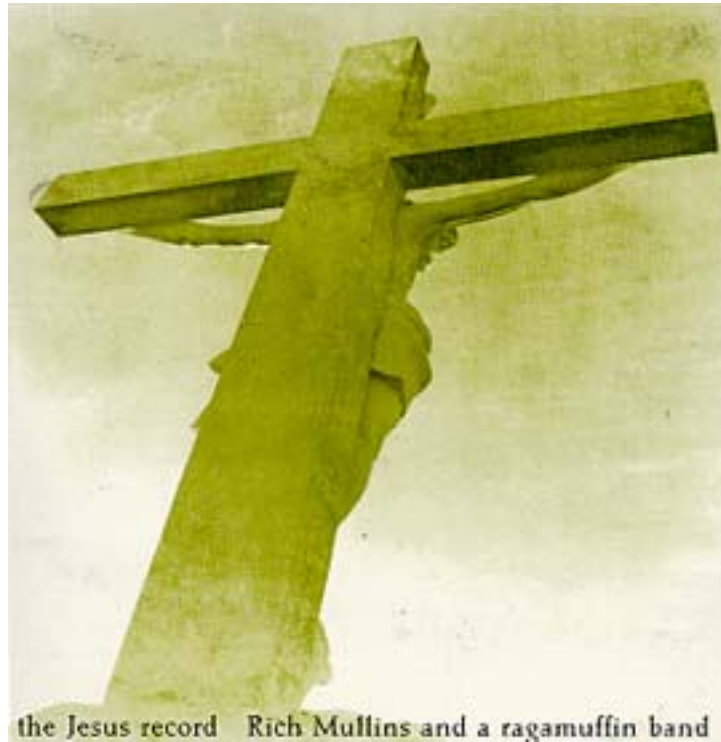
*My Deliverer* – Rich Mullins

That the captive children used to sing  
They were singing:



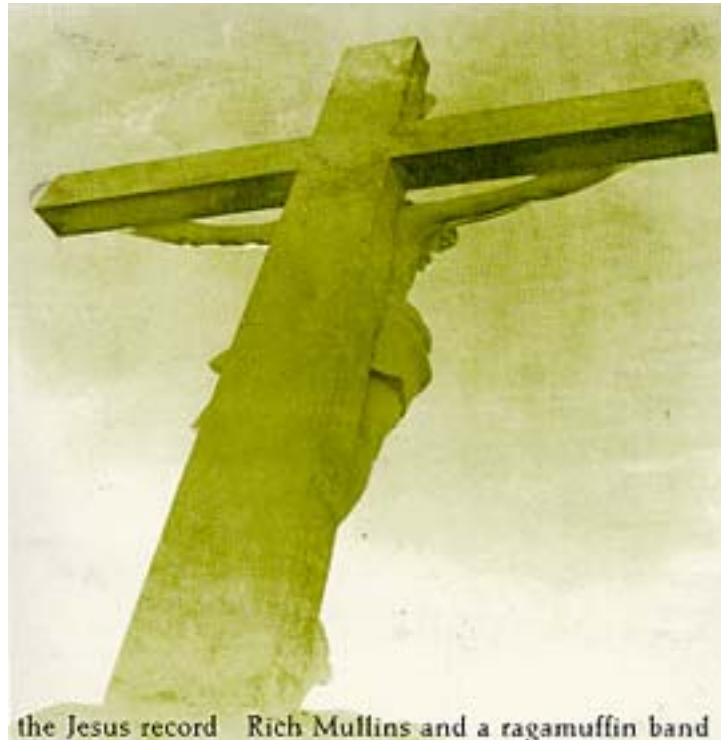
*My Deliverer* – Rich Mullins

My Deliverer is coming  
My Deliverer is standing by



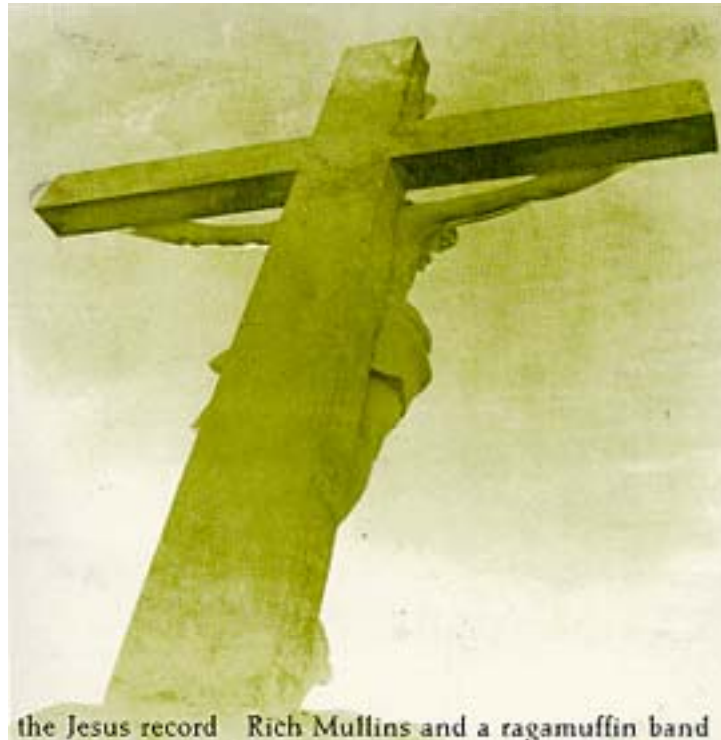
*My Deliverer* – Rich Mullins

Through a dry and thirsty land, water from  
the Kenyon heights



*My Deliverer* – Rich Mullins

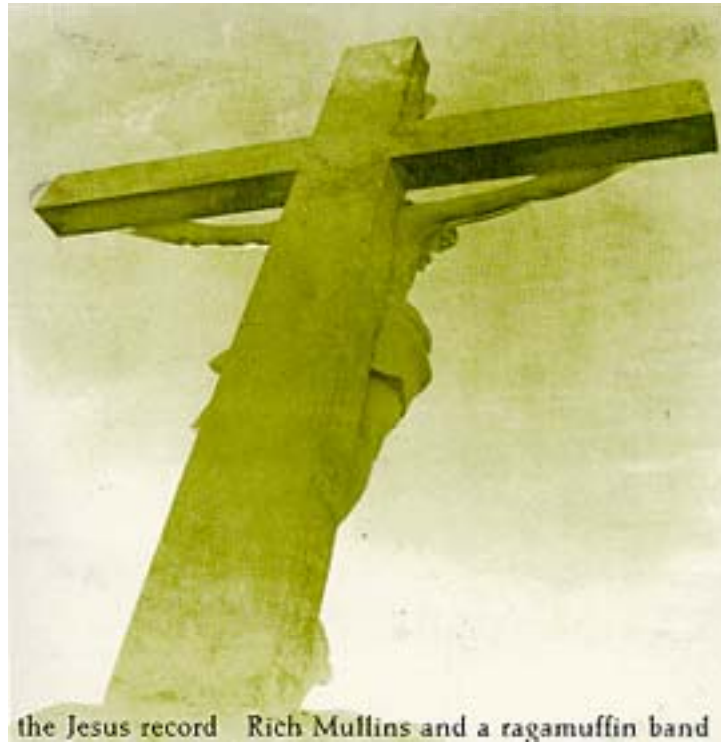
Pours itself out of Lake Sangra's  
broken heart



*My Deliverer* – Rich Mullins

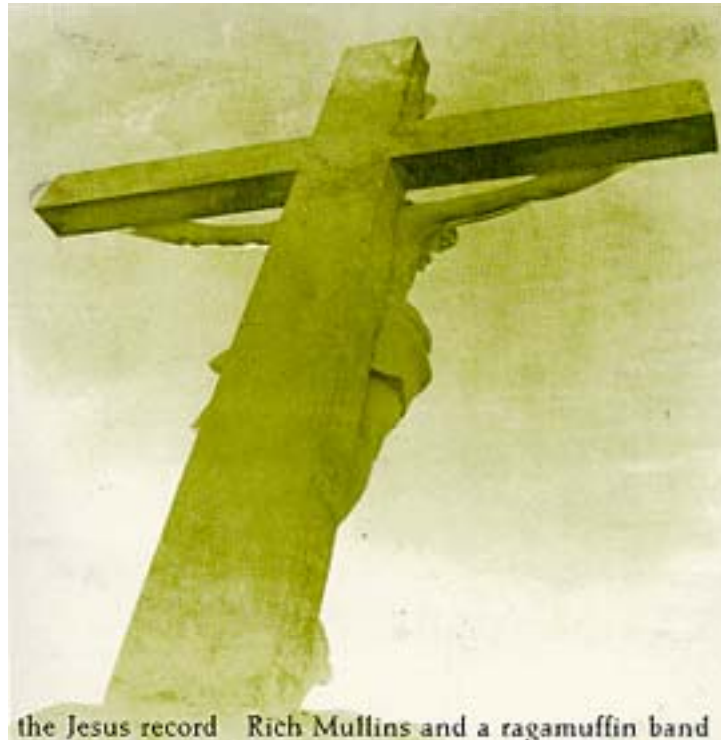


There in the Sahara winds,  
Jesus heard the whole world cry



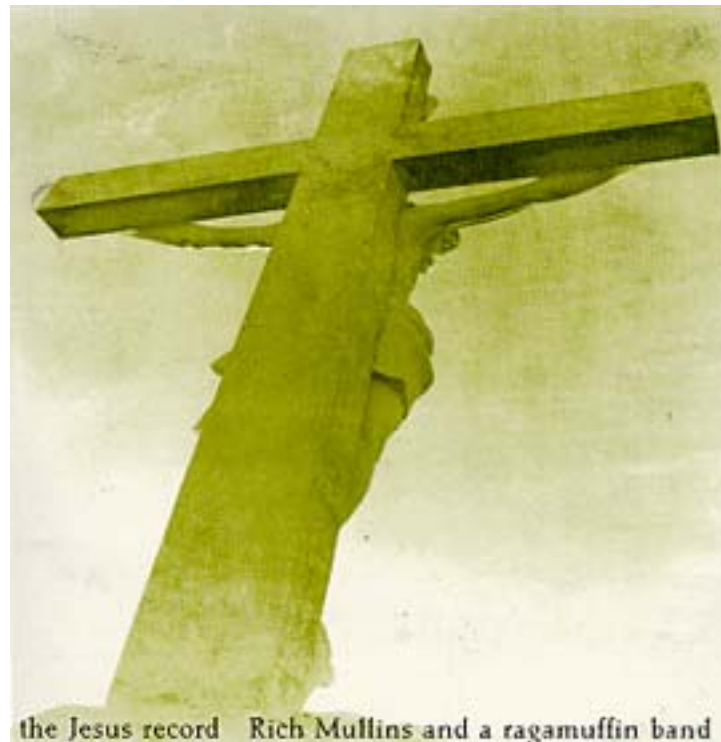
*My Deliverer* – Rich Mullins

For the healing that would flow  
from His own scars



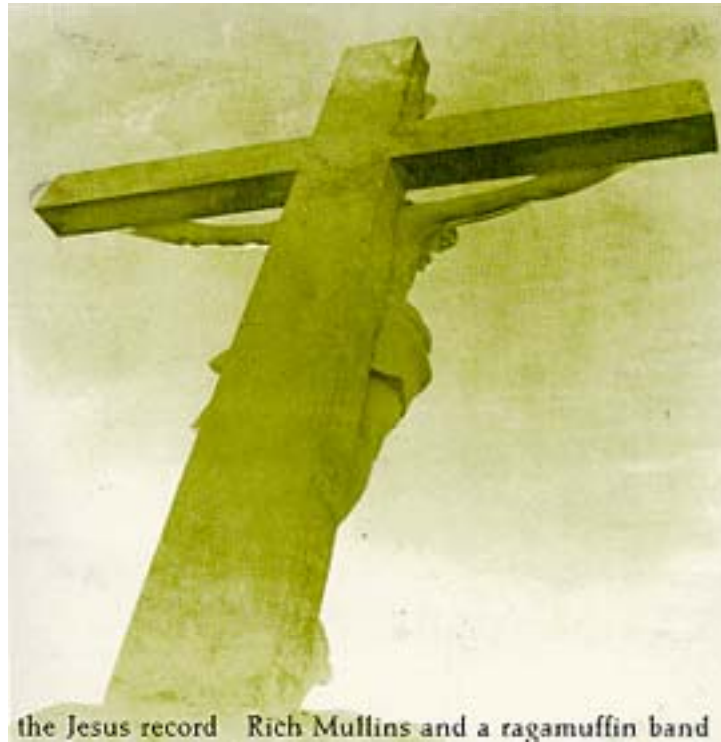
*My Deliverer* – Rich Mullins

The world was singing:



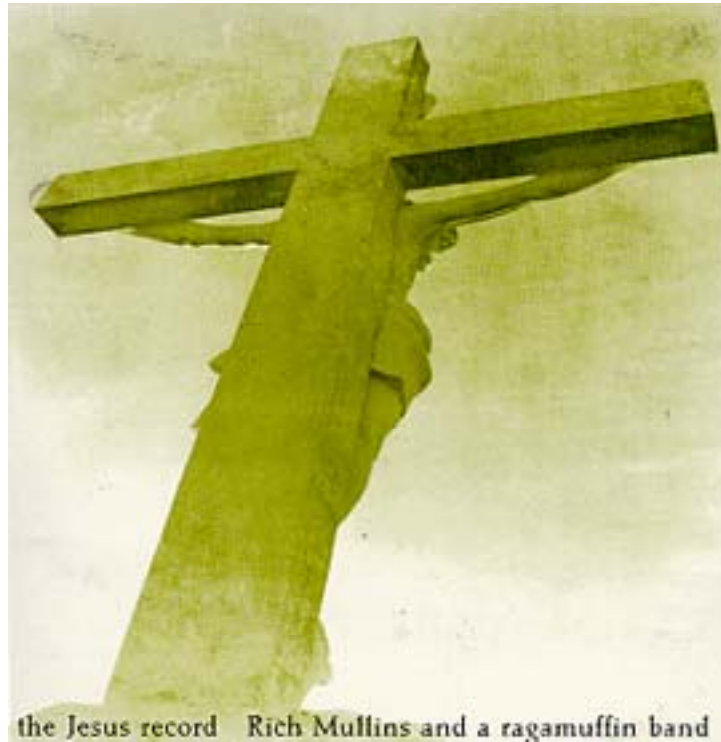
*My Deliverer* – Rich Mullins

My Deliverer is coming  
my Deliverer is standing by



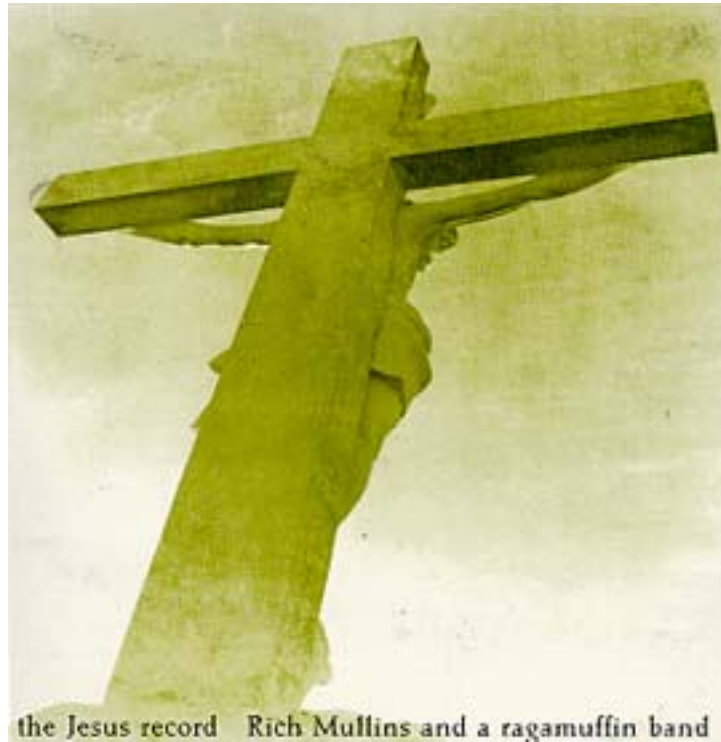
*My Deliverer* – Rich Mullins

He will never break his promise  
He has written it upon the sky



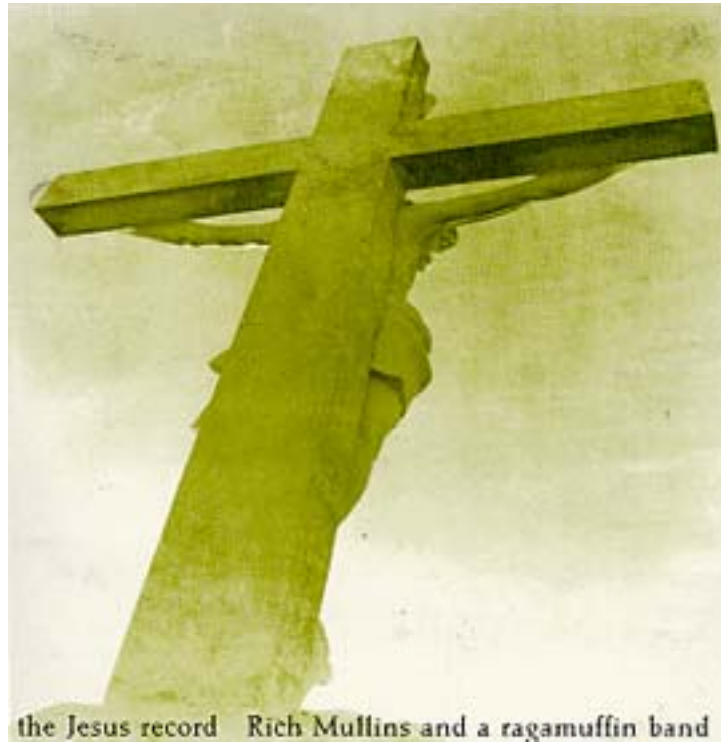
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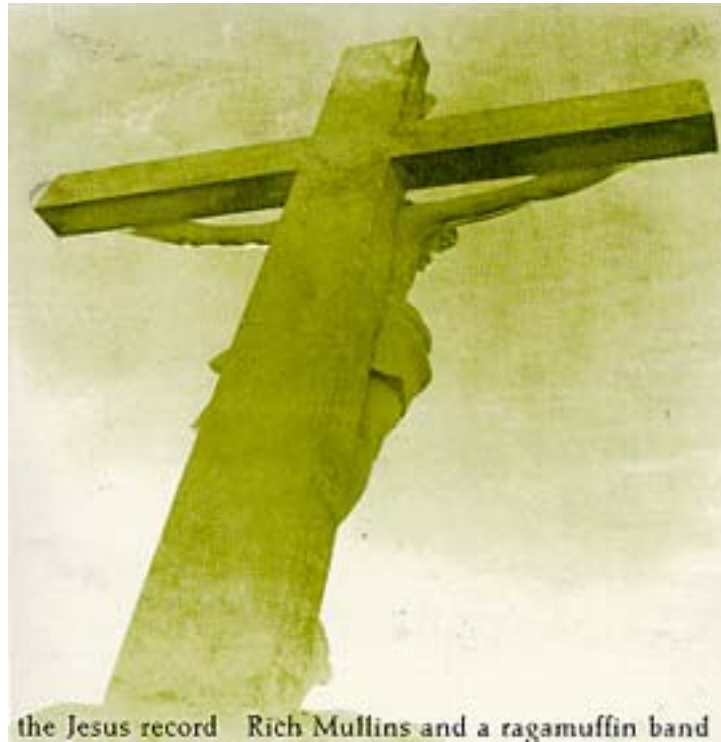
*My Deliverer* – Rich Mullins

I will never doubt his promise  
Though I doubt my heart, I doubt my eyes



*My Deliverer* – Rich Mullins

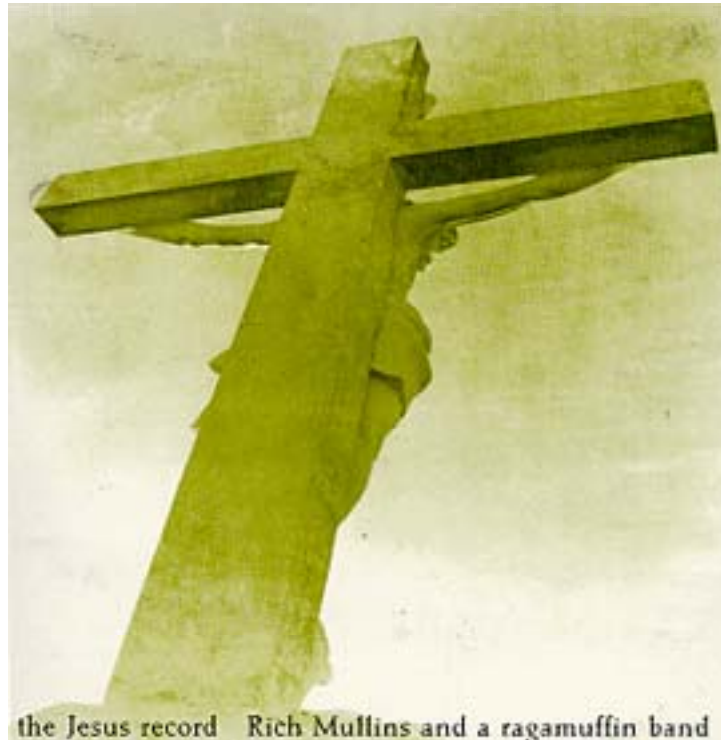
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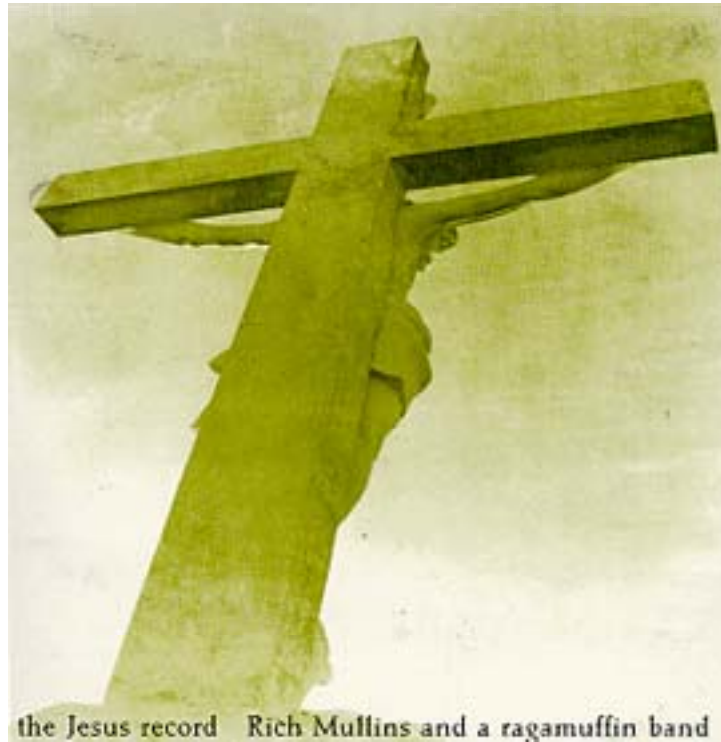


He will never break His promise  
Though the stars should break faith with  
the sky



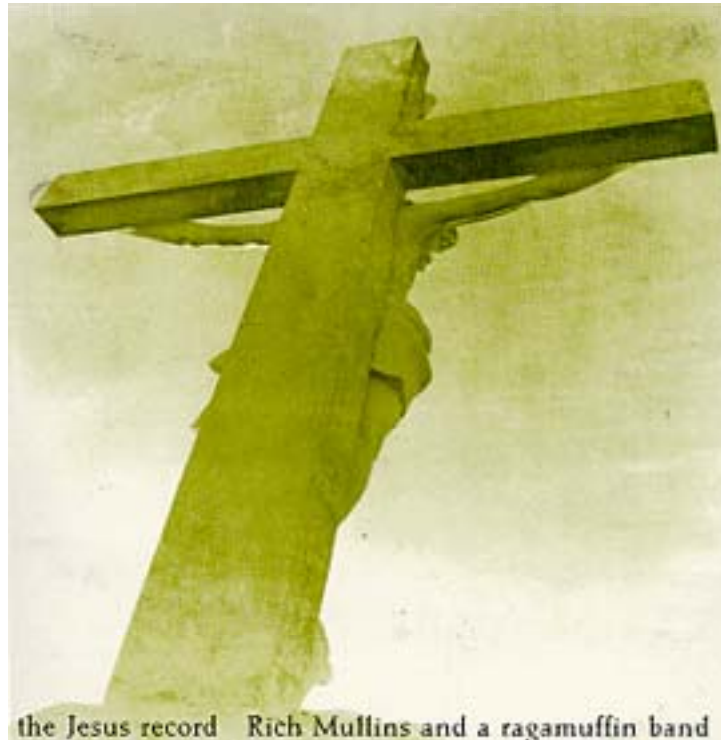
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