

# “Love Lifted Me Recovery Ministries”

## Favorite Psalms Bible Study - Part 1

### Psalm 40:1- 8      Lesson #14

\*\*INSTRUCTIONS: Read the entire section of Scripture in Psalms before starting to look up the other Scripture verses and filling in the blanks. Pray and ask the Holy Spirit to give you understanding as you read God's word. Most Scriptures are from the New King James Version.

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.

•**Psalm 27:14** “\_\_\_\_\_ on the \_\_\_\_\_; be of good \_\_\_\_\_, and He will strengthen your heart; \_\_\_\_\_, I say, on the \_\_\_\_\_!”

•**Psalm 34:15** “The \_\_\_\_\_ of the \_\_\_\_\_ are on the righteous, and His ears are \_\_\_\_\_ to their \_\_\_\_\_.”

•**Psalm 27:5-7** “For in the \_\_\_\_\_ of \_\_\_\_\_ He shall \_\_\_\_\_ me in His pavilion; in the secret place of His tabernacle He shall hide me; He shall \_\_\_\_\_ me \_\_\_\_\_ upon a \_\_\_\_\_. And now my head shall be \_\_\_\_\_ above my enemies all around me; therefore I will offer \_\_\_\_\_ of \_\_\_\_\_ in His tabernacle. I will \_\_\_\_\_, yes, I will sing \_\_\_\_\_ to the \_\_\_\_\_. Hear, O Lord, when I \_\_\_\_\_ with my \_\_\_\_\_! Have mercy also upon me, and \_\_\_\_\_ me.”

•**Psalm 91:14-15** “Because he has set his \_\_\_\_\_ upon \_\_\_\_\_, therefore I will \_\_\_\_\_ him; I will \_\_\_\_\_ him on \_\_\_\_\_, because he has known My name. He shall \_\_\_\_\_ upon Me, and I will \_\_\_\_\_ him, I will be with him in \_\_\_\_\_; I will \_\_\_\_\_ him, and honor him.”

**Definition: “He also BROUGHT me UP OUT of a HORRIBLE PIT”** – This is a description of a person in a situation so bad that they CANNOT get out of it by themselves - the pit is DEEP, and the miry clay is SLIPPERY, and they keep FALLING BACK INTO the pit. What is this horrible pit? For David, who wrote this psalm, it was his enemies plotting against him and trying to kill him. For us, it might be alcoholism or drug addiction, or any number of SINFUL habits that we can't break in our own strength. We need God to help us get out of the HORRIBLE PITS in our lives.

•**Psalm 69:2-3** “I \_\_\_\_\_ in \_\_\_\_\_ mire (mud), where there is no standing; I have come into \_\_\_\_\_ waters, where the floods \_\_\_\_\_ me. I am weary with my crying; my throat is dry; my eyes fail while I \_\_\_\_\_ for my \_\_\_\_\_.”

•**Jeremiah 38:6** “So they took Jeremiah and cast him into the \_\_\_\_\_ (deep pit) of Malchiah the king's son, which was in the court of the \_\_\_\_\_, and they let Jeremiah \_\_\_\_\_ with \_\_\_\_\_. And in the dungeon there was no water, but mire (mud). So Jeremiah \_\_\_\_\_ in the \_\_\_\_\_.”

3-4 **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.

•**Psalm 32:7** “You are my hiding place; you shall \_\_\_\_\_ me from trouble; you shall surround me with \_\_\_\_\_ of \_\_\_\_\_.”

•**Psalm 33:3** “\_\_\_\_\_ to Him a \_\_\_\_\_; play skillfully with a shout of \_\_\_\_\_.”

**Definition: "I will offer SACRIFICES of JOY.... I will sing PRAISES to the Lord"** – We no longer offer animal sacrifices as they did in the Old Testament, but **our sacrifices to God are when we willingly give Him PRAISE and THANKS**, even in hard times and difficult situations. We would like to gripe, complain, blame or question God, but **when we just PRAISE and THANK HIM in spite of everything**, it shows that we trust Him to be working it all out for our good.

• **Ephesians 5:19-20** "Speaking to one another psalms and hymns and spiritual songs, \_\_\_\_\_ and making melody in your heart to the \_\_\_\_\_. Giving \_\_\_\_\_ for \_\_\_\_\_ things to \_\_\_\_\_ the \_\_\_\_\_ in the name of our Lord \_\_\_\_\_."

• **I Thessalonians 5:18** "In everything \_\_\_\_\_; for this is the \_\_\_\_\_ of God in Christ Jesus for \_\_\_\_\_."

• **Psalm 34:1** "I will \_\_\_\_\_ the Lord at \_\_\_\_\_; His \_\_\_\_\_ shall \_\_\_\_\_ be in my mouth."

**Definition: "MANY will SEE IT and FEAR, and will TRUST in the LORD"** – When non-believers see the miracles and transformation in our lives, from **God bringing us out of whatever "horrible pit"** we've been in, it causes many of them to turn to the Lord and give their lives to Jesus.

• **Matthew 5:16** "Let your light so shine before \_\_\_\_\_, that they may \_\_\_\_\_ your \_\_\_\_\_ and glorify your Father in heaven."

• **Psalm 52:6-7** "The righteous also shall \_\_\_\_\_ and \_\_\_\_\_, and shall laugh at him, saying, 'Here is the man who did \_\_\_\_\_ make \_\_\_\_\_ his \_\_\_\_\_, but trusted in the abundance of his \_\_\_\_\_, and strengthened himself in his \_\_\_\_\_.'"

• **Psalm 64:9-10** "All men shall \_\_\_\_\_, and shall declare the \_\_\_\_\_ of \_\_\_\_\_; for they shall wisely \_\_\_\_\_ His \_\_\_\_\_. The righteous shall be \_\_\_\_\_ in the \_\_\_\_\_, and \_\_\_\_\_ in Him. For all the upright in heart shall glory."

• **Psalm 84:12** "O Lord of hosts, \_\_\_\_\_ is the man who \_\_\_\_\_ in \_\_\_\_\_."

5 **MANY, O Lord my God, are Your WONDERFUL WORKS which You have done**; and Your thoughts which are toward us cannot be recounted to You in order; I would declare and speak of them, **they are MORE than CAN be NUMBERED.**

• **Romans 11:33** "Oh, the \_\_\_\_\_ of the riches both of the \_\_\_\_\_ and \_\_\_\_\_ of \_\_\_\_\_! How unsearchable are His judgments and His \_\_\_\_\_ past \_\_\_\_\_ out!"

• **Psalm 136:4** "To \_\_\_\_\_ who alone does great \_\_\_\_\_; for His mercy endures forever."

• **Psalm 139:17-18** "How precious also are Your thoughts to me, O God! How great is the \_\_\_\_\_ of them! If I should \_\_\_\_\_ them, they would be more in \_\_\_\_\_ than the sand; when I awake, I am still with You."

**Definition: "They are MORE than CAN be NUMBERED"** – This means that God's **"WONDERFUL WORKS which He has done"** are **SO GREAT that we could never COUNT or NUMBER them all.**

• **John 21:25** "And there are also \_\_\_\_\_ other \_\_\_\_\_ that \_\_\_\_\_ did, which if they were written one by one, I suppose that even the \_\_\_\_\_ itself could \_\_\_\_\_ contain the \_\_\_\_\_ that would be \_\_\_\_\_ Amen."

• **Job 5:8-9** "But as for me, I would seek \_\_\_\_\_, and to \_\_\_\_\_ I would commit my

cause - Who does \_\_\_\_\_, and unsearchable,  
\_\_\_\_\_ things without \_\_\_\_\_.”

6-8 Sacrifice and offering You do not desire; **MY EARS You have OPENED**; burnt offering and sin offering You do 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.’

• **Hebrews 10:5-10** “Therefore, when He came into the world, He said: ‘\_\_\_\_\_ and \_\_\_\_\_ You did \_\_\_\_\_ desire, but a \_\_\_\_\_ You have prepared for \_\_\_\_\_. In burnt offerings and sacrifices for sin You had no pleasure. Then I said, “Behold, I have come - in the \_\_\_\_\_ of the \_\_\_\_\_ it is written of Me - to do Your will, O God.”’ Previously saying, ‘\_\_\_\_\_ and \_\_\_\_\_, burnt offerings, and offerings for sin You did \_\_\_\_\_ desire, nor had pleasure in them.’ (Which are offered according to the law), then He said, ‘Behold, I have come to \_\_\_\_\_ Your \_\_\_\_\_, O God.’ He takes away the first that He may establish the second. By that will we have been sanctified through the \_\_\_\_\_ of the \_\_\_\_\_ of \_\_\_\_\_ once for all.”

**Definition: “MY EARS You have OPENED”** - When these verses are quoted in the book of Hebrews, there is a slightly different translation, and that is **“a BODY You have PREPARED for ME”**.

How is that the same as **“MY EARS You have OPENED”**? Well, first of all the “opening of the ears” does NOT mean to be better at HEARING SOMETHING. **It refers to the Old Testament practice of drilling or piercing a hole in the EARLOBE of a slave** (similar to piercing our ears nowadays). When a slave decided to NOT go free from his master, but to remain his servant for life, the master would take the slave to a wooden door post or something, and take a sharp object and pierce a hole through his earlobe, and put an earring in, and that would symbolize the slave’s desire to **SERVE HIS MASTER for the rest of his life - in other words, offering his BODY to his master**.

This is also a PROPHECY of the coming Messiah, Jesus (**that’s what it means when it says, “in the SCROLL of the BOOK it is WRITTEN of ME”**), who would OFFER HIS BODY to do His Father’s will, just as the slave offered himself to his master completely. **Jesus OFFERED up His BODY on the CROSS as a SACRIFICE for our sins**, as He paid the penalty and took the punishment we deserved from God for our sins. The Old Testament sacrifices of animals were no longer required by God, because Jesus became the perfect sacrifice.

• **Luke 22:19** “And He took \_\_\_\_\_, gave thanks and \_\_\_\_\_ it, and gave it to them, saying, ‘This is My \_\_\_\_\_ which is \_\_\_\_\_ for you; do this in remembrance of Me.’”

• **I Corinthians 11:24** “And when He had given thanks, He \_\_\_\_\_ it and said, ‘Take, eat, this is My \_\_\_\_\_ which is \_\_\_\_\_ for \_\_\_\_\_; do this in remembrance of Me.’”

**Definition: “I DELIGHT to do YOUR WILL, O my God”** - Jesus was the perfect example and the only person who has ever COMPLETELY and PERFECTLY done the will of God. Even when He knew how much pain and suffering He would have to endure, Jesus still did not do His own will, but always did the Father’s will.

• **Luke 22:41-42** “And He was withdrawn from them about a stone’s throw, and He knelt down and \_\_\_\_\_, saying, ‘\_\_\_\_\_, if it is Your \_\_\_\_\_, remove this \_\_\_\_\_ from Me; nevertheless not \_\_\_\_\_ will, but \_\_\_\_\_, be done.’”