

# “Love Lifted Me Recovery Ministries”

## Favorite Psalms Bible Study - Part 1

### Psalm 40:9-17

### Lesson #15

\*\*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.

9-10 I have **PROCLAIMED** the **GOOD NEWS** of **RIGHTEOUSNESS** in the great congregation; 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 congregation.

• **Psalm 71:15-16** “My \_\_\_\_\_ shall \_\_\_\_\_ of Your \_\_\_\_\_ and Your \_\_\_\_\_ all the day, for I do not know their limits. I will \_\_\_\_\_ in the strength of the \_\_\_\_\_ God; I will make \_\_\_\_\_ of Your \_\_\_\_\_, of \_\_\_\_\_ only.”

• **Psalm 35:28** “And my tongue shall \_\_\_\_\_ of Your \_\_\_\_\_ and Your \_\_\_\_\_ all the day long.”

**Definition:** “I have **NOT HIDDEN Your RIGHTEOUSNESS within my HEART**” – This goes along with “I have **PROCLAIMED the GOOD NEWS of RIGHTEOUSNESS**”. To “hide God’s righteousness” would be to NOT witness for Jesus Christ, and to “**proclaim the good news**” means that we are telling people about Jesus, and how to be saved. Some Christians feel that all they have to do is live a GOOD LIFE, and that is enough for people to see that they are Christians. But the sad truth is that ONLY living a good life will just make non-believers feel that human beings are basically good, and they don’t need a savior. Many times you’ll hear non-believers say, “Oh! You’ve restored my faith in human nature” or something like that. They don’t give God the glory. We MUST be willing to “**PROCLAIM the GOOD NEWS of RIGHTEOUSNESS**” to people, along with living a good and righteous life, and tell them about Jesus, or otherwise, they will NOT find salvation on their own, because **TRUE RIGHTEOUSNESS only comes from Jesus Christ**. Jesus Himself gave us the “Great Commission”, which is just another way to say the **COMMANDMENT to GO** out and preach and proclaim the gospel, the good news about His salvation.

• **Psalm 26:6-7** “I will wash my hands in innocence; so I will go about Your altar, O Lord, that I may \_\_\_\_\_ with the \_\_\_\_\_ of \_\_\_\_\_, and \_\_\_\_\_ of all Your \_\_\_\_\_.”

• **Matthew 28:19-20** “\_\_\_\_\_ therefore and make disciples of \_\_\_\_\_ nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, \_\_\_\_\_ them to observe \_\_\_\_\_ things that I have \_\_\_\_\_ you; and lo, I am with you always, even to the end of the age. Amen.”

• **Isaiah 52:7** “How lovely on the mountains are the \_\_\_\_\_ of him who brings \_\_\_\_\_ (the GOSPEL), who announces \_\_\_\_\_ and brings \_\_\_\_\_ of happiness, who announces \_\_\_\_\_, and says to Zion, ‘Your God reigns!’”

• **I Peter 3:15** “But sanctify the Lord God in your \_\_\_\_\_, and \_\_\_\_\_ be \_\_\_\_\_ to give a \_\_\_\_\_ to everyone who asks you a reason for the \_\_\_\_\_ that is in you, with meekness and fear (reverence).”

11-13 Do not withhold Your tender mercies from me, O Lord; let Your lovingkindness and Your truth continually preserve me. **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!

•**Psalm 61:1-3** “Hear my \_\_\_\_\_, O God; attend to my prayer. From the ends of the earth I will cry to You, when my \_\_\_\_\_ is \_\_\_\_\_; lead me to the rock that is higher than I. For \_\_\_\_\_ have been a \_\_\_\_\_ for me, and a strong tower from the \_\_\_\_\_.”

**Definition: “Innumerable EVILS have SURROUNDED me; my iniquities have OVERTAKEN me”** – “Innumerable” means so many that you can’t count them. David is saying that there are so many evil things attacking him, that he can’t even count them all. “**Iniquities**” means his own sins, and he says they are so many that they have overtaken or overwhelmed him. He is trusting in God’s mercy and love and kindness towards him to deliver and rescue him from these things.

•**Psalm 38:4** “For my \_\_\_\_\_ have gone over my head; like a heavy \_\_\_\_\_ they are too \_\_\_\_\_ for me.”

•**Psalm 65:3** “\_\_\_\_\_ prevail \_\_\_\_\_ me; as for our transgressions (sins), You will provide \_\_\_\_\_ for them.”

14-15 **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 appalled because of their shame, who say to me, ‘Aha, aha!’”

•**Psalm 35:1-8** “Plead my cause, O \_\_\_\_\_, with those who strive with me; \_\_\_\_\_ against those that \_\_\_\_\_ against me. Take hold of shield and buckler, and stand up for my \_\_\_\_\_. Also draw out the spear, and stop those who pursue me. Say to my soul, ‘I am your salvation.’ Let those be \_\_\_\_\_ to \_\_\_\_\_ and brought to dishonor who seek after my \_\_\_\_\_; let those be turned back and \_\_\_\_\_ to \_\_\_\_\_ who plot my \_\_\_\_\_. Let them be like chaff before the wind, and let the angel of the Lord chase them. Let their way be dark and slippery, and let the angel of the Lord pursue them. For without cause they have \_\_\_\_\_ their \_\_\_\_\_ for me in a \_\_\_\_\_, which they have dug without cause for my \_\_\_\_\_. Let destruction come upon him unexpectedly, and let his \_\_\_\_\_ that he has \_\_\_\_\_ catch \_\_\_\_\_; into that very \_\_\_\_\_ let him \_\_\_\_\_.”

•**Psalm 5:8-10** “Lead me, O \_\_\_\_\_, in Your righteousness because of my \_\_\_\_\_; make Your way straight before my face. For there is no faithfulness in their mouth; their inward part is \_\_\_\_\_; their throat is an open tomb; they flatter with their tongue. Pronounce them \_\_\_\_\_, O God! Let them \_\_\_\_\_ by their own \_\_\_\_\_; cast them out in the multitude of their transgressions, for they have \_\_\_\_\_ against \_\_\_\_\_.”

**Definition: “Let them be ASHAMED and brought to mutual CONFUSION who SEEK to DESTROY my LIFE”** – David is not only asking God for protection from his enemies, but he is asking God to take vengeance on his enemies, bring them to confusion, and just in general, make their lives miserable. We, as Believers under the New Covenant, are **told by Jesus to “LOVE our enemies” and to “leave VENGEANCE to the LORD”**, but there are instances where I think we can pray for evil people to be taken out of the way, **so that they can’t accomplish their wicked plans**. The commandment to “love our enemies” mostly refers to individual people, and we are supposed to pray for them and do good to them, **but EVIL and WICKED people in general, as a group**, we can certainly pray for God to destroy them and their evil plans.

• **Romans 12:17-21** “\_\_\_\_\_ no one \_\_\_\_\_ for \_\_\_\_\_. Have regard for good things in the sight of all men. If it is possible, as much as \_\_\_\_\_ on \_\_\_\_\_, live peaceably with all men. Beloved, do \_\_\_\_\_ avenge yourselves, but rather give place to wrath (God’s anger against sin); for it is written, “Vengeance is \_\_\_\_\_, I will \_\_\_\_\_”, says the \_\_\_\_\_. Therefore if your \_\_\_\_\_ hungers feeds him; if he thirsts give him a drink; for in so doing you will heap \_\_\_\_\_ of \_\_\_\_\_ on his head.” Do not be overcome by evil, but \_\_\_\_\_ evil with \_\_\_\_\_.”

• **Psalm 70:1-3** “Make haste, O God, to \_\_\_\_\_ me! Make haste to \_\_\_\_\_ me, O Lord! Let them be \_\_\_\_\_ and confounded (confused) who \_\_\_\_\_ my \_\_\_\_\_; let them be turned back and \_\_\_\_\_ who \_\_\_\_\_ my \_\_\_\_\_. Let them be turned back because of their \_\_\_\_\_, who say, ‘Aha, aha!’”

**Definition: “You will HEAP COALS of FIRE on his HEAD”** – This is an expression that means you will make that person feel guilty. The one who is treating you badly will have no real reason for persecuting you, because you have done nothing wrong to him, and his conscience will begin to bother him about it.

• **Proverbs 25:21-22** “If your \_\_\_\_\_ is \_\_\_\_\_, give him bread to eat; and if he is \_\_\_\_\_, give him water to drink. For so you will heap \_\_\_\_\_ of \_\_\_\_\_ on his head, and the Lord will reward you.”

• **1 Peter 2:11-12** “Beloved, I beg you as sojourners and pilgrims, abstain from fleshly lusts which war against the soul, having your \_\_\_\_\_ honorable among the Gentiles (non-believers) that when they speak \_\_\_\_\_ you as \_\_\_\_\_, they may, by your \_\_\_\_\_ works which they \_\_\_\_\_, glorify God in the day of visitation.”

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.

• **Psalm 34:1-3** “I will \_\_\_\_\_ the Lord at \_\_\_\_\_; His \_\_\_\_\_ shall \_\_\_\_\_ be in my mouth. My soul shall make its boast in the \_\_\_\_\_; the humble shall hear of it and be \_\_\_\_\_. Oh, \_\_\_\_\_ the \_\_\_\_\_ with me, and let us exalt His name together.”

• **Psalm 5:11-12** “But let \_\_\_\_\_ those \_\_\_\_\_ who put their \_\_\_\_\_ in You; let them ever shout for \_\_\_\_\_, because You \_\_\_\_\_ them; let those also who love Your name be \_\_\_\_\_ in You. For You, will bless the righteous; with \_\_\_\_\_ You will surround him as with a \_\_\_\_\_.”

• **Psalm 70:4-5** “Let all those who \_\_\_\_\_ You \_\_\_\_\_ and be \_\_\_\_\_ in You; and let those who \_\_\_\_\_ Your \_\_\_\_\_ say continually, ‘Let God be \_\_\_\_\_!’ But I am \_\_\_\_\_ and \_\_\_\_\_; make haste to help me, O God! You are my \_\_\_\_\_ and my \_\_\_\_\_, O Lord, do not delay.”