

Sermon: Blessed: Delivered, dedicated, dependent.
Series: *The Blessed Life*.

Scripture: Psalm 40.
Date: August 9, 2026

OBSERVATION -- As a group, talk through and summarize the passage. Think through *Who, What, Where, When, How, Why* questions together.

INTERPRETATION -- Answer these questions together:

1. What does this passage teach us about us?

- a) Read v. 1-3 again. Have you ever experienced a rescue like the one David is recalling in this passage? How does your own salvation story compare with how David describes his rescue in these verses?
- b) In verse 4, David speaks of the blessing of trusting God versus running to the proud or to liars. Can you think of any forms of pride or lies that you are susceptible to, things you trust in rather than trusting in God, but they are things that enslave rather than free?
- c) In verse 12, David laments external evil and internal iniquity. He is confused and afraid. Is there anything in your life (external or internal) that is causing you to feel confused or afraid?

2. What does this passage teach us about God?

- a) In verse 11, David reveals his need for God to preserve him. How? By his mercy, steadfast love, and faithfulness. These are the attributes of God that he revealed to Moses in Exodus 34:6. How do each of these attributes of God help us in times of trial and also increase our trust in God?

3. What does this passage teach us about grace/salvation? How does it point to Christ?

- a) Psalm 40:6-8 is quoted in Hebrews 10:5-7 as the words of Jesus. In what ways did the life of Jesus fulfill Psalm 40:6-8?
- b) Read Hebrews 10:8-14. How do these gospel truths of Christ's once for all sacrifice and our sanctification allow you to be dedicated to Jesus from delight?

APPLICATION

- a) Psalm 40:16. How can your salvation bring you joy even in the midst of suffering and failure? How does this joy in salvation help to make everything else "smaller" in your estimation? For example: Can the greatness of God's salvation make your trial or disappointment "smaller?"
- b) Psalm 40:17. We said that being "poor and needy" is the blessed Christian life. Why are we most blessed when we are most needy? Can you apply this truth to a specific situation you are facing today?
- c) v. 9-10. How can you declare the glories of your salvation in the "great congregation?"

PRAYER

- Praise God for his deliverance – "Great is the Lord!" (v.16)
- Confess your lack of delightful dedication to Christ and be thankful for his dedication to you.
- Thank Jesus for rescuing you from the pit of sin and death.
- Ask the Holy Spirit to help you embrace being poor and needy before God as the blessed life.