

---

**WAITING IS WORTH IT: Psalm 40:1-3**

---

**INTRO:**

**Series:** "If you've been with us the past few weeks for our weekend series than you know that we have been in the book of Psalms in a series titled, "God's playlist for our lives..."

- Just like there is music for every mood, appropriate and fitting for certain occasions, the same goes for the book of Psalms- (songs of rejoicing, lament, petition, frustration and aggression)
- Many of the Psalms were written by a man named DAVID.
- If you have been in church or have read your bible for a while, you know who David is.
  - One of the greatest, if not the greatest king in Israel's history...
  - Man of war, who had a soft side- (ultimate movie hero)
  - A forefather to our Lord and Savior Jesus Christ. (lineage of the Messiah)
  - Amazing musician, incredible songwriter-
  - **But out of all these feats- I believe, the greatest honor He holds - Title: "Man after God's own Heart".**
- *So, if we want to know what it looks like to live after God's heart, we should look to David's life-*
- *And just like songs reveal the personal lives of their writers- so to, do the Psalms that David wrote.*

*Psalm: 40 Context: Pinnacle of the Psalm: v. 1-3*

---

**I don't know about you- but I hate waiting... (lines, traffic, restaurant...) why is that?**

*We are a right now, get it fast, amazon prime, curbside pick-up, status update culture. We don't do waiting.*

- (lines, food, I don't want to pay hundreds of dollars to go to Disneyland and WAIT, Netflix, etc.)

Psalm 40 confronts our fleshly tendency of anti-waiting/ anti-patience/ instant gratification culture... and shows us, that "waiting is worth it."

**(DAVID)**

---

King David knew a thing or two about waiting. Anointed to be king. But not appointed until 18 years after... **And for ten of those years he's being persecuted and chased down by Saul.**

David knew what it was like to experience deep... dark seasons... of great difficulty... **A lot of you may be in that place right now!!**

---

**YOU ARE IN A TOUGH PLACE IN LIFE: You are waiting for a breakthrough...**

**BUT- Some of us here probably need to confess that we have been in a posture of complacency, instead of a posture of expectation.**

- **THIS IS SO EASY TO DO...**
- Going through something... you may not verbalize it...
  - but deep down, there are issues you are having with why God hasn't responded to your situation faster than He has. Why am I struggling like this??
- **HOW MUCH LONGER LORD? UNTIL YOU ANSWER MY PRAYER? HOW MUCH LONGER WILL MY MARRIAGE BE LIKE THIS? HOW MUCH LONGER TILL I GET A JOB? UNTIL I AM HEALED?**

**SOME OF US, while we are waiting, are waiting on the wrong things.**

- **We don't wait for... our hope is NOT in**
- **Capitol hill, congress, the president... the bank... the economy... FAUCI... Pundits... Social media influencers... Fox news, CNN...**
- **(CUES from CULTURE) Some of us are allowing our culture to shape our perspective on our situation. (this is so dangerous)**
- **We need to get our minds right- refocus our attention.**

**TRANSITION**

**PSALM 40 TELLS US THAT "WAITING IS WORTH IT" (SLOW...)**

- **NOT SO MUCH THE PRACTICE OF WAITING, BUT THE OBJECT OF OUR WAITING, That's what makes waiting worth it... THE LORD**

**VERSE 1**

**"I WAITED Patiently for the LORD"...** Complex Hebrew word that takes two English words to describe... the word that David uses for "waited patiently" is the HEBREW word, "Kavah"... (Strong's Definitions קָוָה qāvâh, kaw-vaw')

- **TO collect oneself together with hopeful expectation... (get myself together)**
- **Or in other words, "I am going to live my life in a posture of hopeful expecting. "Where I am always in a place of hoping and expecting. Looking for God to move.**
- **Some of us will falter on patiently waiting because we expect God to do "one thing" and when He doesn't meet our expectations- we turn our backs.**
- **What I've learned? (PASTOR JOHN K. JENKINS)**
  - **God has been God for a long time, and doesn't need my help. He working. Even when it seems like he isn't.**
- **Most of the time when I think God needs to work on my situation circumstantially, he's really working on ME!**

*God often responds outside of our pre-supposed timetables, but when He shows up- it's the right time!*

*Sometimes you have to wait until there is nothing left BUT God for Him to show up.*

*WHY WAIT? Why is waiting worth it? Why posture myself in hopeful expectation?*

## 1. GOD LISTENS TO THOSE WHO WAIT

NOTICE THE END OF VERSE 1,

**"HE INCLINED AND HEARD MY CRY": NATAH:** *TO turn, incline, bend,*

- While I am patiently and expectantly HOPING AND waiting- God is making strategic moves... He is moving toward me,
- WHILE I posture myself with hopeful expectation: God postures HIMSELF towards me.

The Hebrew word, NATAH, also carries the idea that God will turn aside, and come see about my situation..

- That's what it looks like to us...
- *He is good at multi-tasking- He will keep holding everything together, but take the time to personally check in on ME! Come on.*

**AND HEARD MY CRY":** *So as I posture myself with hopeful expecting, God postures HIMSELF toward me- and He listens to my cry for help..*

- *I want to make a distinction- God is not listening to my not my pity party. Not my whining. Not my self-deprecating attitude.*
- (a lot of Christians do this under the banner of "I am just being real with God")
  - THERE IS A DIFFERENCE, between being honest with God... Crying out for help... VERSES= cultivating a spirit of complacency and discontentment. (blessed are the poor in spirit)
  - **Illustration: Parents and kids (how many of you honestly listen and reason with your kids when they are on the floor throwing a tantrum?)**
  - **I am not saying, don't be honest with God- just let it be in the right spirit and attitude.**

*God's heart and HIS ear move toward those who patiently wait, those who say, "I don't mind waiting!"*

It is when I am expectant, hopeful, and I've collected myself together- God hears my cry for help...

*Not only does he listen to my cry- turn to me- bend over and listen, but he rescues me... SO WHY WAIT?*

## 2. GOD WILL BRING YOU UP, TO SET YOU UP

**"HE ALSO BROUGHT me up out of a horrible pit"**

- **BROUGHT ME UP:** *Hebrew= alah, to ascend.* (Isaiah 40- mount up with wings)
- *SO as I wait- God is going to cause me to RISE UP...*
- *OUT OF WHAT??*
- **HORRIBLE PIT:**
  - *Place of darkness, a dungeon, a prison, where I can't see:*
  - *The prison of my sin and blindness.*
  - *The darkness of my situation...*
  - *The pit of my addiction, where I have fallen so deep, so entrenched, there is no conceivable way for me to get out.*
  - *The Pit of depression- heartache- grief...*
- **MIRY CLAY:** *not only am I in a pit where it's dark, where there is no way for me to climb out, BUT I AM STUCK- in the mud.*
  - Every time I try to get out on my own, I just sink deeper
    - Everything sticks to me-
    - (addiction, relationship issues, last week)
    - Feels like I am falling apart.
    - No matter how hard I try- I just sink deeper.

*Some of you are in the pit and miry clay today, and you are living beneath what you are meant to be in Christ.*

*But he is able to pull you out. Pick you up and set you up. And he has the power to help you fulfill His mandate for your life..*

- Doesn't matter how low you are... how long you've been involved in it... even when you don't see the end of it.

*When we are falling apart that is when we gather ourselves together and expectantly hope in The LORD:*

- *Notice, David declares= HE BROUGHT ME UP... AND OUT...*
- *It's God's work of rescue. I didn't climb out. I didn't pull up my bootstraps (I can't make it on my own)*
- *HE Brought me up to /// SET ME UP.*

*Not only has he BROUGHT ME UP out of my darkness---*

**"He set my feet upon a rock, and established my steps."**

- The idea behind "feet" in verse 2, speaks to the direction of our lives. The spiritual path we are walking on!
- *God will pull us out of the pit of our sin, despair, brokenness, clean us up (That miry clay, with robes of righteousness), while redeeming our past and set our lives on a firm path of spiritual prospering*

- *God is able to pull us up out of the pit of our misery, the clay of our despair, The brokenness of our sin- and redirect, and realign our lives for spiritual prospering.*

There is power enough in God to help the weakest, and grace enough in God to help the unworthiest, of all his people that trust in him. But he waited patiently, which intimates that the relief did not come quickly; yet he doubted not but it would come, and resolved to continue believing, and hoping, and praying, till it did come. Those whose expectation is from God may wait with assurance, but must wait with patience.

- Matthew Henry

*God hears, rescues and repurposes, establishes... and as if that wasn't enough to sing and rejoice...*

*The third reason why we wait... why waiting is worth it...*

### 3. GOD WILL GIVE YOU A NEW SONG

God is the God who turns our mourning into dancing, Beauty for ashes, Strength and power for weakness...

*"He as put a new song in my mouth- Praise to our God; many will see it and fear."*

*Some of you have lost your song...*

- *Over the past four months, I have been amazed at how many people are hurting.*
- *There has been in 2020- an unprecedented amount of loss and death that has taken place in our world, nation, and in many of our lives.*
- We are in the middle of one of the biggest pandemics the world has ever known-
  - Many have lost their lives, physically...
  - Many have lost family members.
  - Jobs...
  - Plans
  - And some of you have experienced all this firsthand.
- There are racial tensions in our nation-
  - People are hurt
  - People are confused

Looking for answers in what seems to be a sea of confusion...

*Some of you have lost your song.*

- *You've settled in to the pit of despair, confusion, fear, doubt, old habits...*
- *You're discouraged...*

- Howard Hendricks,

*“Discouragement is the anesthetic the devil uses on a person just before he reaches in and carves out his heart.” If we “lose heart”, we lose hope -and it gets dark quick! Hope is fuel for the future. The fuel for change. The fuel to fight the good fight of faith! ...When adversity strikes, our faith never fails because it is in Christ who never fails! See adversity, therefore, as an opportunity to experience God’s faithfulness.”*

God wants to give you a new song today: A song of hope- a song of hallelujah!

To <sup>[a]</sup>console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified.”  
Isaiah 61:3

This is what our God does. He rescues us from our darkness, puts us on the right path, and gives us a new song! A hallelujah.

Notice with me one more time the end of verse 3

*“many will see it and fear, and will trust in the Lord...”*

- People are watching you and how you are handling your dilemma. How you are handling this pandemic, how you are handling the division in our nation?? How are you handling your addiction? How are you handling your depression? ...
- God is giving you a testimony. (He might be allowing a little test in your testimony, to testify of His glory and grace)
- **When you posture yourself, BY expectantly waiting= you have a testimony that will bless others all around you.**
- People will say, “hey- if God did it for them, maybe He can do it for me!”

*Paul and Silas in Acts 16:*

- IN a literal prison (horrible pit), chained (miry clay) stuck, **but expectantly hoping in God.**
- What are they doing?? Praying and worshipping- God breaks the prison walls and chains around them,
- Many are saved, including the Philippian Jailer and his whole family!

This is an example of what it looks like to posture ourselves with hopeful expectation!

**The ear and the heart of God moves toward those who live their lives in a posture of hopeful expectation for His rescue and coming good.** When we collect ourselves, and remain expectant and hopeful on God and His perfect timing for our lives, we will experience his deliverance, He will pull us out of the pit of our sin, despair, brokenness, clean us up while redeeming our past, set our lives on a firm path of spiritual prospering, and give us a new song of hallelujah to sing that testifies of His glory, grace, and awesome power! Many will see and hear.

*Oh, how great is Your goodness,  
Which You have laid up for those who fear You,  
Which You have prepared for those who trust in You  
In the presence of the sons of men! (Psalm 31:19)*

*I remain confident of this:  
I will see the goodness of the Lord  
in the land of the living. Psalm 27:13*