

BIBLE TEACHING AND WORSHIP GUIDE



FOR THE HOME-BASED CHURCH

Produced Weekly

Trusting God in Times of Trouble
Psalm 40: 1-11, 16-17

Copy this sheet for the Gathering Time, Bible Study, and Worship Experience leaders for the next meeting of the church.

Leaders' Responsibilities:

Important: Each person who will be leading one of the three parts of a session during a series of sessions needs to have access to the "Introduction" article found at the beginning of each series (Bible Teaching #....). The weekly session "Background" located in the Teacher Preparation is much more specific to that day's study.

1. **The Gathering Time Leader** will gather all of the people together and help them prepare their minds and hearts for a wonderful worship experience before God. His/her responsibility is to introduce the congregation to the theme (content) and the Scripture that will be central to their worship experience for the day.

2. **The Bible Study Leader** will then help the people understand what the Scriptures have to say and teach us about the content of the study for the day. He/she will guide the people to make a general application of the study (ie: How does this Bible study apply to people today?)

3. **The Worship Time Leader** has the responsibility to use the theme and Scriptures to guide the congregation to make personal commitments to God's will for each one in regard to the study for the day. He/she will use others to lead in the music, taking the offering, ministry moment comments, and other activities and parts of the **Worship Time** that can aid in participatory worship.

Prior to this Coming Session:

Gathering Time Leader:

Bible Study Leader:

Ensure that each youth has a copy of the Bible study application for youth ("Take Ten!!).

Worship Time Leader:

Music Sources:

My Life Is In You, Lord, *The Worship Hymnal* # 518; CCLI # 17315

Cry of My Heart, *The Worship Hymnal* # 526; CCLI # 844980

I Give You My Heart, *The Worship Hymnal* #528; CCLI #1866132

Gathering Time: (Suggested time: 15 minutes)***Trusting God in Times of Trouble*****Focal Text**

Psalm 40: 1-11, 16-17

Background Text

Psalm 40; Psalm 70; Psalm 23

Main Idea

We will have trouble in life. God is always there to help us. We can trust Him.

Questions to Explore

Why do we blame God for situations that are brought about because of our own decisions?

Why is it hard to trust God even when we have found Him faithful in the past?

Teaching Aims

Leaders will consider their own ability to trust God in difficult circumstances.

Leaders will help participants to have a healthy view of taking responsibility for one's decisions while still depending on God for guidance in difficult situations.

Leaders will help participants to be thankful for the times in which they have found God trustworthy.

Gathering together:

Sing:

My Life Is In You, Lord, *The Worship Hymnal* # 518; CCLI # 17315**Cry of My Heart**, *The Worship Hymnal* # 526; CCLI # 844980**First thoughts:****The Twenty-third Psalm**

Read the psalm in its entirety.

1 The LORD is my shepherd, I lack nothing.
2 He makes me lie down in green pastures, he leads me beside quiet waters.
3 He refreshes my soul. He guides me along the right paths for his name's sake.
4 Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff they comfort me.
5 You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.
6 Surely goodness and love will follow me all the days of my life, and I will dwell in the house of the LORD forever.

One preacher counseled a troubled soul with this advice; read this psalm three times a day for a month. It will be like a balm to the troubled soul. It has comforted many a troubled soul over the centuries since it was written.

The psalmist lacks nothing. There will be plenty of food for body and spiritual food for the soul. He will have guidance for each day. He has no fear of evil or enemies. The goodness of God and the love of God will be ever present. His future is as bright as the present. He will be with God.

Closing the Gathering Time:

Take time at this point to mention items of prayer concern for the church, announcements of ministry or activities, and anything else that needs to be shared with or by the congregation. Pray for these needs. Remember to praise God in prayer.

Break time! Take five minutes between sessions. Encourage children to use the washroom so that they won't need to leave during the Bible Study time.

Distribute youth/adult Bible study outlines or paper for note-taking, if available.

Also hand out the activity sheets for preschool and younger children to use during Bible Study and/or worship.

2

Copy this section for the Bible Study leader.

Note to the Bible Study Leader: Suggested teaching time for the Bible study should be about 35 minutes. Use the “Teacher Preparation” for your personal study during the week before the session. Use the “Bible Study Plan” for the actual session.

Teacher Preparation

Trusting God in Times of Trouble

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Introduction to your personal study:

Have you ever heard “life is the pits”? A person who says that is describing a life that is not happy and positive. It is a life in which the person is down and seemingly cannot get up. David's life was “in the pit” (vs. 1-10). He knew the formula for getting out. He prayed patiently for God to help him. And, God did.

David's life was one of ups and downs. He found himself again in the pit and needed additional help (vs. 11-17). The psalm is a good example for all of us who experience ups and downs. The theme is about giving thanks for deliverance and a petition for renewed deliverance. Psalm 70 is almost identical in theme.

Background:

Please ask for and read the information contained in the “**Introduction**” article found at the beginning of this series (Bible Teaching #....) of Bible Study and Worship sessions. Whoever downloaded this session for you should have that material for you, as well.

Focusing on the Meaning:

1. A PATIENT MAN.

1 I waited patiently for the LORD; he turned to me and heard my cry. 2 He lifted me out of the slimy pit, out of the mud and the mire; he set my feet on a rock and gave me a firm place to stand. 3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in him.

The writer waits patiently upon God. In the Greek it means he waited intently. Patience can be translated “steadfast endurance”. It is a character trait that one who undergoes tribulation can receive. (See Romans 5:3). God then turned or bent his ear toward David.

Patience in prayer is important and is exemplified by David. David's prayer was not offered from a position of defeat. He expected God to hear and act. Waiting patiently or steadfastly upon God to act in his time should be a trait of every mature believer. David sets a good example for each of us. He is troubled but, does not run ahead of God.

Notice carefully God's response to David's prayer. (1) He hears him. (2) He lifts him out of the pit. (3) He sets his feet on a rock. The rock represents God Himself (See Psalm 31:1). (4) He gives him a song of praise.

The result of the chain of events is more people coming to the Lord. The sequence of events works for anyone who chooses to apply them. When a person prays, God acts and intervenes visually in his/her life. God gets the glory when more and more who are troubled trust in Him too.

2. A BLESSED MAN.

4 Blessed is the one who trusts in the LORD, who does not look to the proud, to those who turn aside to false gods. 5 Many, LORD my God, are the wonders you

have done, the things you planned for us. None can compare with you; were I to speak and tell of your deeds, they would be too many to declare.

Blessed is the key to these verses. The focus is upon what God is doing. Verse 4 is a beatitude and is similar to Psalm 1:1-3 and Matthew 5:3-11. Do not miss that there is a contrast between the one who trusts God and one who runs with the proud and worshipers of false Gods.

Verse 5 is full of compliments and praise. The psalmist celebrates God's mighty acts on his behalf and on the behalf of the covenant community. He alludes to the omnipotence of God. God has done many wonders in the past and there will be more in the future. No one on earth can compare with God. There is not enough time to tell of all God's deeds. Even though one cannot say enough it is still a good thing to count one's blessings.

Vs.4 - reasons given for the blessed state:

He trusts in the Lord.
He did not turn to the proud and idol worship.

Vs. 5 - attributes of Jehovah

Many are the wonders.
Many are his thoughts toward the covenant people.
None compare with you.
His wonders and thoughts are too numerous to count.

3. A WILLING MAN.

6 Sacrifice and offering you did not desire---but my ears you have opened---burnt offerings and sin offerings you did not require. 7 Then I said, "Here I am, I have come---it is written about me in the scroll. 8 I desire to do your will, my God; your law is within my heart."

This is not a rejection of the sacrificial system, but a rejection of its abuses. At this point in the psalm the writer says he is learning what God desires of him. It was not an burnt or thank offering God desired. What God desired was for him to give his life to do the will of God. (See Romans 12:1-2) What God wanted had already been written down by God, but he had to come to the place where he heard and understood it. It had become a part of his life. David said, "your law is within my heart." This is similar to Isaiah 51:7. It is the place God wishes plant His Word, in the hearts of all.

This is an example of a person dedicating himself to God's will in accordance with His Word. David's surrender of his life is seen as the only proper offering for the sins he had committed. His life of independence is replaced by one of dependence upon God. Verses 7 and 8 are also a Messianic prophesy. In Hebrews 10:5-7, this passage is

quoted. There you will see the contrast between Christ's perfect obedience with the insufficiency of Mosaic sacrifices.¹

4. A PROCLAIMING MAN.

9 I proclaim your saving acts in the great assembly; I do not seal my lips, LORD, as you know. 10 I do not hide your righteousness in my heart; I speak of your faithfulness and your saving help. I do not conceal your love and your faithfulness from the great assembly. 11 Do not withhold your mercy from me, LORD; may your love and faithfulness always protect me.

David again affirms the fact that God knows him. Once the psalmist knew what to do he shared it with others. There is an important principle here. One cannot proclaim what one does not know. One is to proclaim what one does know. Consider the verbs used: "I proclaim", "I do not seal", "I speak", and "I do not conceal".

Notice what his proclamation included:

God's righteousness.
God's faithfulness.
God's saving help.
God's love.

He ends with a prayer. May God never withhold His mercy, love, and faithfulness, but always protect him.

5. A SEEKING MAN.

16 But may all who seek you rejoice and be glad in you; may those who long for your saving help always say, "The LORD is great!"

17 But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, do not delay.

Verse 16 is a contrast with the preceding verses. There were wicked men who sought to do David harm. Then there were those who sought God

David asks nothing for himself. He only asks for others. May everyone who has sought the salvation of God proclaim His greatness. Salvation does not come from self-preservation it only comes from the Lord.

Then the writer speaks of himself. He is "**poor and needy**". The phrase "poor and needy" occurs six times in the psalms. It could be translated here: "Although I was miserable and poor, God did think upon me". His circumstances gave God the

¹ John F. Walvoord & Roy B. Zuck, *The Bible Knowledge Commentary*, Victor Books, 1992, pg. 824.

opportunity to help him. (See 2 Corinthians 12:9 for a New Testament example.) He did not exalt himself. He emphasizes Himself as needy and God as his help and deliverer.

Your Goal as the Leader of this Bible Study:

Patient, blessed, willing, proclaiming, seeking are the attributes describing the psalmist. These are attributes which each participant should desire as he/she studies this lesson.

For Personal Reflection:

What have I learned from this study?

What personal experience does this lesson bring to mind?

What is one action I will take this week to apply this Scripture passage to my life?

Bible Study Plan (Suggested time: 35 minutes)

Trusting God in Times of Trouble

Regroup the church after the Gathering Time and break by singing a chorus that young children can relate to—or another praise chorus if your congregation does not have children. Children who go to their own Bible teaching session should stay with the group until after this song. Have the preschoolers and children accompany the hymn with rhythm sticks, maracas, bells, etc.

Begin by helping the group locate the Focal Text in their Bibles. Also, share with them the Main Idea to be learned from the Scriptures, and the Questions to be Explored by the group.

Focal Text

Psalm 40: 1-5, 9-11, 16-17

Background Text

Psalm 40; Psalm 70; Psalm 23

Main Idea

We will have trouble in life. God is always there to help us. We can trust Him.

Questions to Explore

Why do we blame God for situations that are brought about because of our own decisions?

Why is it hard to trust God even when we have found Him faithful in the past?

Teaching Aims

Leaders will consider their own ability to trust God in difficult circumstances.

Leaders will help participants to have a healthy view of taking responsibility for one's decisions while still depending on God for guidance in difficult situations.

Leaders will help participants to be thankful for the times in which they have found God trustworthy.

Connect with Life:

Begin by sharing some lyrics of this Gospel song "Where Could I Go but to the Lord".

Living below in this old sinful world
Hardly a comfort can afford
Striving alone to face temptations call
Where could I go but to the Lord

Where could I go, where could I go
Seeking a refuge for my soul
Needing a friend to help me in the end
Where could I go but to the Lord

James B Coats 1940 Bridge Building Music, Inc.

Say: Psalm 40 was written by David. The Gospel song echoes David's words. He writes of petitions, thanksgiving, and praise.

Guide the Study:

1. A PATIENT MAN.

Have a volunteer to read Psalm 40:1-3.

Tell the group: David was a patient man. The word patient or patience can be translated steadfast endurance. Romans 5:3 lets us know that patience comes as a result of tribulation.

Request someone to read Romans 5:3.

Ask: How does God respond to David's patient prayer called a cry?

He heard him.

He raised him up.

He stood him on solid ground.

He gave him a song to sing.

Look for an answer: What is the result of God answering David's prayer? (God gets the glory. Many others who encounter trouble trust in the Lord.)

Say: This is an Old Testament example for Matthew 6:33. Have someone read the verse.

Now ask: Are you thankful that God is trustworthy?

2. A BLESSED MAN.

Ask for a volunteer to read Psalm 40:4-5.

Question: What does blessed mean?

Encourage a response: According to these verses how is a blessed man described? (He trusts in the Lord. He doesn't look to the proud. He doesn't turn aside and worship idols.)

Ask: Do you think a person who removes idols from his life would be blessed?

Then: Is it important for that person to repent and trust God also?

Begin a brief discussion: Do you think David thought God was great? How does he describe God's greatness? (God has done many wonders. He has plans for his people. He is incomparable. His works are too many to write down.)

3. A WILLING MAN.

Ask a volunteer to read Psalm 40:6-8.

Comment: David gives meaning to personal worship. God wants a person to give himself before giving a sacrificial burnt offering. An animal has no say in the offering. When a person gives himself it is out of a desiring heart. This foreshadows Christ's crucifixion on the cross.

Ask: Where is God's Law written? (It's written in his heart.)

Tell the class: David also wrote Psalm 119:11, *I have hidden your word in my heart that I might not sin against you.*

Question: Have you ever considered your motives when offering a gift to God? Do you give because it is a duty or because of your desire to give?

4. A PROCLAIMING MAN.

Ask for a volunteer to read Psalm 40:9-11.

Say to the group: David's proclamation came after he had offered himself willingly to God. His heart was now right.

Now ask: Pick out the four verbs used in these verses that describe what David did. (The answers are "I proclaim", "I do not seal", "I speak", and "I do not conceal".)

Present this question: What four things does David proclaim about God? (God's righteousness, God's faithfulness, God's saving help, and God's love.)

Then tell the group: David prays for himself. He is confident in God.

5. A SEEKING MAN.

Ask someone to read Psalm 40:16-17.

Say: In the verses immediately preceding these David describes wicked men who would do him harm. Verse 16 is a contrast between wicked men and Godly men.

Continue: Why does David say people should say “The LORD is great”? (They are longing for His help.)

Raise this question: Why do you think David wanted God to see him as “poor and needy”?

Encourage Application:

If you have two or more youth, this is the time to give them the **Youth!!! Take Ten** page and allow them to move away from the adults and apply the lesson by and for themselves.

Ask: How many of you have gone from the deepest pit to the highest praise? Would you share your story?

Make sure the group sees the pattern in David's life. He had gotten himself into the mire and God was the only way out. Even in praise David wanted God to see his humility. This lesson is a good example for us to trust God in the midst of our troubles and give God the glory for deliverance. Be thankful to God for always being there for you.

Comment: Let's review the attributes David exhibited. Patient, blessed, willing, proclaiming, seeking are the attributes describing the psalmist. Pray for one another that each would see God in the midst of trouble and call out to Him for deliverance.

Ask someone to close the study with prayer.

Take a five minute break to separate the Bible Study and Worship Time. Children may need to use the washroom again before worship.

YOUTH!!! TAKE TEN

Bible Study Application for Youth

You may wish to move away from the adults for the final five to ten minutes of the Bible study and help each other as youth to apply the lesson to your own needs.

Trusting God in Times of Trouble

Psalm 40: 1-5, 9-11, 16-17

A youth will lead the following activity and comments. No adults need to be present. If possible, teens should take turns in leading the application time.

God, It Is Really, Really Difficult

Teens experience many difficulties. Many big decisions are made by teens – who to be friends with; how much time and energy to spend on studies; what plans to make for the future; whether to drink alcohol or take drugs; how to respond to pressure by friends; how to handle being bullied; how to manage rejection and failure.

This psalm indicates that even leaders like King David could become discouraged – even depressed. What practical steps did he take to deal with his discouragement. What four things does David proclaim about God? (God's righteousness, God's faithfulness, God's saving help, and God's love.)

David also wrote Psalm 119:11, ***I have hidden your word in my heart that I might not sin against you.*** The first step to hiding God's word in our hearts is to memorize favorite verses. Find a verse to memorize that would help you in a time of trouble.

Worship Time (Suggested time: 30 minutes)***Trusting God in Times of Trouble***

Psalm 40: 1-5, 9-11, 16-17

Beginning the Service:

Sing:

I Give You My Heart, *The Worship Hymnal* #528; CCLI #1866132**Offering:****Praying for the World:**

Deep in the Colombian jungle, along the rivers of the Amazon Basin, live the Huitoto people of Colombia. The Huitoto survive by fishing, hunting and subsistence farming. Suspicious of outsiders, the Huitoto live in secluded communities with a large, round thatched-roof house, called a *maloka*, in the center of the village. Speaking a mixture of Spanish and their indigenous dialects, they practice their ceremonial rituals in the *maloka*. *Mambe* (a traditional green powder made from coca leaves) is an essential part of their ceremonies. There is little Christian witness among the Huitoto.

Sharing Guide:

This sharing guide is written to assist the person who directs the worship time to reemphasize the teaching for the day and help guide the congregation to respond to God's call and will for their lives in regard to the scripture studied. The leader may choose to follow the guide closely. Or, he or she may wish to only use it to give direction and a concept for preparing an original message. The leader is free to choose other ways to communicate and share the concepts presented here.

God Is Faithful

1 Corinthians 10:13

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it.

Introduction

Chapter 10 of 1 Corinthians contains another recap of Israel's exodus. The people succumbed to various temptations: fornication, idolatry, murmuring, etc. Those who did such paid the price. The key to understanding these examples given by Paul is the fact that God is faithful. Even though Israel failed to be faithful, God was faithful. A way was provided. Man has the choice to take the help God offers or not.

1. Temptations are common.

Temptations or tests are common to every living person. Even Jesus was tempted. Most identify by saying "they are problems". The encouragement here is for the Christian. Paul is not writing to the unsaved, but to the saved. Being born again does not remove one of all temptations.

Temptations means "trials of varied character. In this case it refers to tests Satan puts before us to bring out the evil in us. Jesus included ***"And lead us not into temptation, but deliver us from the evil one"*** in the Lord's Prayer (Matthew 6:13). We can assume that since Jesus instructed us to make this prayer, he expects us to be delivered. Jesus warned that temptation would come. It follows then that He will not automatically take it away.

How will you deal with the temptations or tests that you encounter?

2. God is faithful.

God's amazing faithfulness is a prominent characteristic of God. It is His faithfulness and not the faithfulness of man that is key here. The testimony of Paul in the letter glorifies God. When it comes to temptations God knows our limits. He will not allow temptations to be more than one can bear.

His faithful love is shown in His provision of a way out. We are made in God's image in that we are capable of decision-making. We can choose to avoid sin even when the temptation to sin is there.

One may never get relief from temptations, but, God promises the power to endure and be victorious over it. Remember the words of Paul to the Philippians (4:13). ***I can do all this through him who gives me strength.***

3. You can endure it.

In what ways has God provided strength? First, He has given His Word that is powerful. ***I have hidden your word in my heart that I might not sin against you*** (Psalm 119:11).

Second, He has provided His Presence. ***And I will ask the Father, and he will give you another advocate to help you and be with you forever---the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you*** (John 14:16-17).

Third, there is access to the Father through prayer in Jesus' name. ***And I will do whatever you ask in my name, so that the Father may be glorified in the Son*** (John 14:13). The list could go on. The fact is that Almighty God is still in charge and will do for his children who let Him.

Conclusion

This is good news for the Christian. You will be tempted. You can endure it. God will provide the way. We see in the dialogue between Jesus and Peter that a positive outcome is expected. ***“Simon, Simon, Satan has asked to sift all of you as wheat. But I have prayed for you, Simon, that your faith may not fail. And when you have turned back, strengthen your brothers.”*** (Luke 22:31-32).

Call to Commitment:

Why then does God allow temptations? It is for our good. It is a means to maturing. Christians cannot live sheltered from the realities of the world.

Concluding the Service:

Sing again **I Give You My Heart**, *The Worship Hymnal* #528; CCLI #1866132 as a dedication.