







**If I'm Honest...**

Real Life in the Psalms

- 
- Evil inside of us
  - Evil outside of us

*For the director of music. Of David. A psalm.*

<sup>1</sup> I waited patiently for the Lord; he turned to me and heard my cry. <sup>2</sup> He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. <sup>3</sup> 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.

**Psalm 40:1-3 (NIV 2011)**

*For the director of music. Of David. A psalm.*

<sup>1</sup> I waited patiently for the Lord; **he turned to me and heard my cry.** <sup>2</sup> **He lifted me** out of the slimy pit, out of the mud and mire; **he set my feet on a rock** and gave me a firm place to stand. <sup>3</sup> **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.

**Psalm 40:1-3 (NIV 2011)**



*For the director of music. Of David. A psalm.*

<sup>1</sup> I waited patiently for the Lord; he turned to me and heard my cry. <sup>2</sup> He lifted me out of the slimy pit, out of the mud and mire; **he set my feet on a rock and gave me a firm place to stand.** <sup>3</sup> 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.

**Psalm 40:1-3 (NIV 2011)**

<sup>4</sup> Blessed is the one who trusts in the Lord, who does not look to the proud, to those who turn aside to false gods. <sup>5</sup> 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.

**Psalm 40:4-5 (NIV 2011)**

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

**Psalm 40:6-8 (NIV 2011)**



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

Psalm 40:6-8 (NIV 2011)



kârâh = "To dig out"

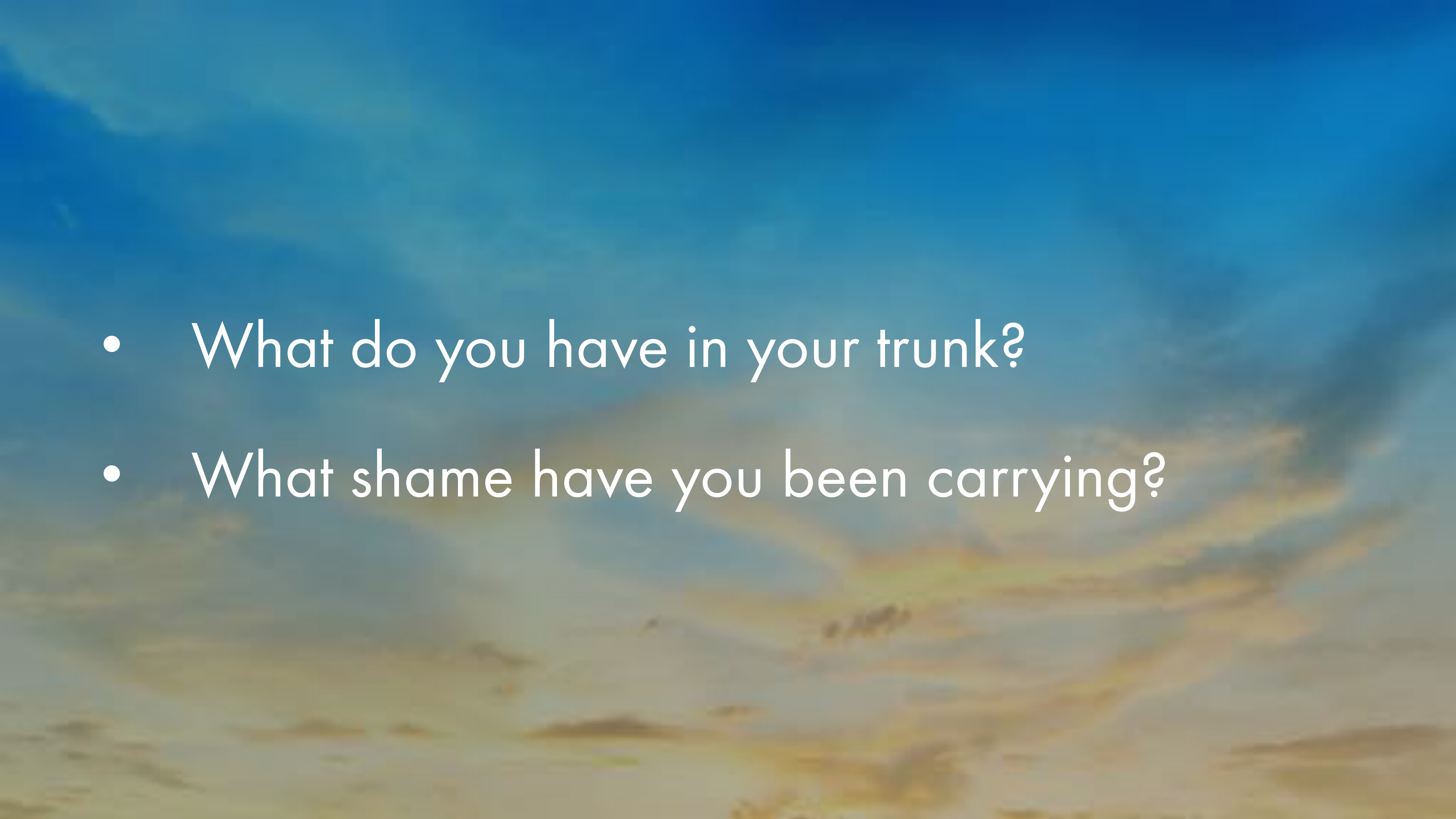
<sup>11</sup> Do not withhold your mercy from me, Lord; may your love and faithfulness always protect me. <sup>12</sup> For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me.

**Psalm 40:11-12 (NIV 2011)**



<sup>17</sup> 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.

**Psalm 40:17 (NIV 2011)**

- 
- What do you have in your trunk?
  - What shame have you been carrying?