

Title: WHAT THE LORD HAS DONE FOR ME

Text: Psalm 40:1-3

Intro: In this Psalm, we can see that David is not boasting about himself, but is praising the Lord for what he had done for him. In short, he was saying, *"The Lord is a wonderful Saviour to me."* Let's see what the Lord had done for him, and then apply this to ourselves. We can say, *"The Lord hath done great things for me also."*

I. THE LORD BROUGHT ME UP: SALVATION (v.2ab) – "He brought me up also out of an horrible pit..."

A. THE PIT DEFINED.

1. It could be any miserable condition we are into.
2. It means more than the pit of being lost. Certainly the salvation of the soul is the greatest of all; but there are other salvations than that of the soul. There are other pits we need rescuing from.
3. There is the pit of besetting sin one falls into after he or she is saved (**Heb. 12:1**). It happens so often: Abraham, Moses, Samson, David all fell into their pits.
4. It may be the pit of discouragement or sorrow.
5. It could be the pit of physical pain, financial or material loss, rejection, envy, bitterness, etc.

B. THE PIT DESCRIBED.

1. It was a deep pit. No way out.
2. It was a dark pit. No light.
3. It was a deadly pit. No hope.

C. DELIVERANCE FROM THE PIT (v.1).

1. After all hope was gone David prayed to God. Often all hope has to go before we go to God in prayer.
2. God came to the rescue in David's darkest hour, and lifted him up.

II. THE LORD SET ME UP: SECURITY (v.2c) – "and set my feet upon a rock..."

A. The Lord is the Rock here. He is both the deliverer and the Rock (**2 Sam. 22:2, 32**).

1. He is the Rock of ages (**Deut. 32:31, 37**).

2. He is the solid foundation Rock (**Isa. 28:16**).

3. He is the higher Rock (**Psa. 61:2**). Like the song:
"When all around my soul gives way, He then is all my hope and stay." "On Christ, the solid Rock I stand; All other ground is sinking sand, All other ground is sinking sand."

III. THE LORD STRAIGHTENED ME UP: SANCTIFICATION (v2d) – "and established my goings."

A. Not only can we say with David *"He brought me up, and set me up, but he also changed me up."* Sanctification means to make holy or set apart for God.

B. Some marvelous changes are made when one is lifted from the pit. (1) When Jonah got out of the fish, which had been a pit for him, he was a changed man; (2) When the Prodigal came home he was different. (3) So was the Gadarene (**Mark 5:18-20**); (4) David was redeemed and was a different man (**Psa. 51:12-13**).

IV. THE LORD TUNED ME UP: SONG (v.3a) "And he hath put a new song in my mouth."

A. The redeemed must sing and rejoice in the Lord's salvation and service (**Psa. 71:23**).

B. The redeemed must sing of God's love, goodness, mercy and grace (**Psa. 89:1; 104:33**)

C. The redeemed must sing from their hearts and spirits (**1 Cor. 14:15; Col. 3:16**)

D. The redeemed will sing in heaven (**Rev. 5:9**)