

HE HAS REGARDED MY HELPLESS ESTATE

Psalm 40:1-17 // August 2, 2026 AM

Just as the Father regarded Christ's helpless estate, so too does Christ regard ours.

I. Proclaim the Lord's past help (vv. 1-10).

II. Petition the Lord's present help (vv. 11-17).

QUESTIONS FOR FAMILY WORSHIP

1. What is "the 40% rule", and how does it apply to our spiritual life?
2. Usually laments end with praise. Why does this lament begin with praise, and what does this teach us?
3. What does David look back and remember? How had God delivered Him, and how did God deliver our Lord Jesus?
4. Why should we look back and remember these past deliverances of David and Jesus, as well as those that have happened in our own lives?
5. What does God desire more than sacrifice? Why?
6. What did David pray for deliverance from? How should we pray similarly?
7. Why is it a good thing to recognize that we are poor and needy? And how does that help us to understand the role sin and suffering play in our lives?

QUESTIONS FOR PRIVATE REFLECTION

1. How often do I think back on past mercies and deliverances of the Lord? How does such remembrance fuel joy and confidence even when sinking in the mud and mire?
2. Why is the pit a mercy? What does God will for us to learn and do when we are utterly helpless in ourselves?
3. Meditate on v. 17. What does it mean for the Lord to take thought of me? Why should this lead to comfort and courage even in the worst circumstances?