

Day Three

Psalm 40

Are You Waiting on the Lord or for the Lord?



The Bible is filled with references promising benefits to those who wait upon the Lord; courage, deliverance, provision, peace, strength, healing, and more. Nevertheless, what does it mean to “wait” on the Lord?

Let's go to the Lord in prayer: Heavenly Father, you've given me many precious promises, but I cannot passively wait for those promises to drop out of heaven, I must learn to pursue heaven and receive those promises in your presence. Loving Father, help me, by the power of your Holy Spirit, to come into your presence today and receive the assurance of answered prayer. I ask this by the authority of the name of your son, Jesus Christ, amen.

The word translated “wait” here is the Hebrew word “qā-wā” a verb that speaks of active pursuit, not passive resignation. Think; a waiter is waiting on a customer, rather and commuter waiting on a bus. Waiting on the Lord is what we are all about in the 20/20 Devotional series. Learning to come out of our busy lives and into the presence of God. Asking our Father in person, and not simply in principle. Jesus warned us that this life would have troubles and trials, some unpleasant, some seemingly unbearable, but all overcome by Himself. He promised us that He had overcome this world¹, but we must learn to “wait” upon the Lord to appropriate these promises. As you read the Psalm this morning, take your time on each verse, allow the Holy Spirit to bring light and application to your situations.



[For your convenience, we have added a soundtrack to the background as you meditate on the word of God. You're welcome to keep this playing in the background that will end after 20 minutes followed by closing prayer.](#)

Psalm 40

For the choir director: A psalm of David. ¹ I waited patiently for the Lord to help me, and he turned to me and heard my cry. ² He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. ³ He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the Lord. ⁴ Oh, the joys of those who trust the Lord, who have no confidence in the proud or in those who worship idols. ⁵ O Lord my God, you have performed many wonders for us. Your plans for us are too numerous to list. You have no equal. If I tried to recite all your wonderful deeds, I would never come to the end of them. ⁶ You take no delight in sacrifices or offerings. Now that you have made me listen, I finally understand— you don't require burnt offerings or sin offerings. ⁷ Then I said, “Look, I have come. As is written about me in the Scriptures: ⁸ I take joy in doing your will, my God, for your instructions are written on my heart.” ⁹ I have told all your people about your justice. I have not been afraid to speak out, as you, O Lord, well know. ¹⁰ I have not kept the good news of your justice hidden in my heart; I have talked about your faithfulness and saving power. I have told everyone in the great assembly of your unfailing love and faithfulness. ¹¹ Lord, don't hold back your tender mercies from me. Let your unfailing love and faithfulness always protect me. ¹² For troubles surround me— too many to count! My sins pile up so high I can't see my way out. They outnumber the hairs on my head. I have lost all courage. ¹³ Please, Lord, rescue me! Come quickly, Lord, and help me. ¹⁴ May those who try to destroy me be humiliated and put to shame. May those who take delight in my trouble be turned back in disgrace. ¹⁵ Let them be horrified by their shame, for they said, “Aha! We've got him now!” ¹⁶ But may all who search for you be filled with joy and gladness in you. May those who love your salvation repeatedly shout, “The Lord is great!” ¹⁷ As for me, since I am poor and needy, let the Lord keep me in his thoughts. You are my helper and my savior. O my God, do not delay. ²

¹ John 17:33 (NLT)

² Tyndale House Publishers. (2013). [Holy Bible: New Living Translation](#) (Ps 40). Carol Stream, IL: Tyndale House Publishers.