

# It's My Treat

## Taken from Psalm 40

### *Foundation*

Pause a moment to prepare your heart. Commit your time to the Lord and ask Him to help you realize all that He is, and all that He desires to do in and through you.



*Do you know people who say they don't believe in God?*

It was a troubling time in David's life as his enemies seemed to be as many as the hairs on his head. Sins in his own life seemed to cloud the waters, making his situation appear all the more desperate. Yet, in the midst of the storm a quiet hope filled his soul. David knew to whom he could turn and reflected upon all that God had already done in his life.

"When I waited with patience for the Lord to work in my life, he always answered my pleas for help," David reminded himself. David knew he had been in helpless situations before—unable to deliver himself and totally dependent upon God. He knew God had been faithful to deliver him—even when he deserved it the least.

David paused a moment before writing down the next few words. His heart filled with awe over God's display of mercy and grace toward him.

"I had hit bottom, sinking to the depths of the mud, but the Lord rescued me," he wrote. "He pulled me out of the shifting muck and placed me

***Even atheists, who claim not to believe in anything, really do—they believe in themselves as their own god.***

***[It is interesting to note that Psalm 53 and Psalm 14 are the same. Was this a mistake? No. It simply emphasizes the importance of the message. God's grace and salvation are not earned—they are God's treat for those who will accept them.]***

safely on firm ground.” David looked over the words he had written. There was such a contrast between the hopelessness of being in a quicksand-like pit and being drawn out and set upon a solid rock.

“God put me on a rock and placed a desire in me to tell of His wonderful deeds—a song of praise to Him,” David added. “Many will see what God has done in my life and be amazed. As a result, they, too, will want to rely on the Lord for everything.”

David’s hand skimmed across the parchment as he continued to express his thoughts.

“Blessed are those who trust in the Lord and don’t place their confidence in the proud or in those who chase after false gods,” he wrote. David reflected upon God’s character and works. “He has done so many wonderful things. The plans made in heaven are too many to count! I couldn’t possibly describe them all!” he quickly wrote. “It’s not empty religious duties that You desire—rather, our hearts and our love.

David thought about that for a moment, then reflected upon his own life and the need to share such a message. “Never would I selfishly keep your goodness to myself; instead I talk constantly of Your love and desire to save us. I tell others of Your devotion and truth that they, too, might come to know You. May all who search for You be filled with this same joy and gladness. May they also shout, ‘The Lord is awesome!’”

## Footwork

After David wrote this portion reflecting upon what God had done in his life, he then completed his psalm as a prayer and asked God to deliver him from the enemies who surrounded him. David knew his own limitations and God's abundant power to rescue—not only for eternity, but also for daily living. In your own Bible, turn ahead to Psalm 53 and read verses 1-3. What do they say? This is a good description of people caught in a “slimy pit”—and not even aware of it!



God has chosen us for a relationship with Himself—even when we're in the “slimy pit” and least deserve that relationship! Unfortunately, many of us don't seek Him. We mistakenly think if we don't believe in God, He doesn't exist. Wrong! God exists whether we're willing to admit it or not. He not only exists, but He's there for us—offering deliverance. Have you let Him pull you out of your slimy pit? Have you taken that step? If this is something you desire, click to the section on this website titled “A Special Message Just for You.”

If you've already experienced God pulling you from the slimy pit, setting your feet upon a rock, and giving you a new life—have you shared this with anyone else? Begin to follow David's example this week and tell others. Make a point to tell one person (someone you've never told before) what God has done in your life. This is called “sharing your testimony.” Here's how it's done:

**Fruit**

Pray silently that God will guide you and give you wisdom and understanding.

Find out where the other person is “coming from” and how your message can encourage him in his life.

Simply tell where you’ve been and what God has done for you.

God uses His Word, so if appropriate, share a Scripture verse showing God’s desire for all to come to know Him. (John 3:16 would be a good one!)

Realize others will be watching your life to see if what you say is true or not. Continue to live for Him—in His strength and power.