

Bible Studies for Life: February 2

The Attitude in Worship • Psalm 40:1-11

By Sydney Charlton



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My daughters seek my attention when they want me to focus on a

specific need. They know that when they have my attention, other things won't distract me. The laundry and dishes are patient with me; they will wait for me to tend to them eventually.

Life is busy, and distractions are prevalent. To experience the fullness of worshipping God, we must determine to focus on Him first. Unlike me, God is perfect! As His children, we don't have to tug at His pants leg, so to speak, to get His attention. He is ready to hear from His kids, but we must be willing to make necessary adjustments in our schedules to align with His will: to worship Him in spirit and in truth (John 4:24, ESV).

Psalm 40:1-5

David acknowledged how far God had brought him. Even in moments of triumph, David remembered that God bent down to hear him when he faced devastation (v. 1, ESV). David knew the fullness of joy because his trust in the Lord was deeply rooted.

Consider how far God has brought you. Like David's, your faith journey has likely had its fair share of twists and turns. But the One Who created the universe and sustains it cares deeply for each of His children, deeply enough to bend low to hear us.

When my daughters fall off their bikes, I can comfort them, help them back up, and encourage them to try again. But God, the perfect Father, rescues us from destruction and steadies our feet (v. 2, ESV). His perfect rescuing brings about redemption in our lives; He builds up what was destroyed so our love of God and trust in Him increases.

We have a Father Who is eager to help us in our time of need. By humbly acknowledging that we need Him, our attitude of worship shifts from being a mere task on the to-do list, to a priority. Worshiping God becomes part of who we are! Knowing

God personally makes it possible for us to genuinely worship Him, no matter if our circumstances are joyous or grievous.

Psalm 40:6-8

Obedience isn't always simple. Choosing to obey God can cause friction among groups of friends and strain within families. My daughters have learned that obedience to do what is right can cause others to disassociate with you. This lesson goes far beyond the school playground.

David chose to delight in obeying God's will because he knew that God's way was best.

And it still is! My daughters trust me to instruct them in the right ways. They know that my intentions are not to cause them harm. As Christians, we must choose to worship God with willing obedience, even when it doesn't make sense to others. David was completely committed to worshipping the Lord. He was even willing to be mocked (2 Samuel 6:14-22, ESV).

When we delight in doing God's will, we will learn that obedience to Him is far better than any praise we can receive from others.

Psalm 40:9-11

It is difficult to withhold exciting news! My daughters often squeal with delight when my husband and I share good news with them. Choosing a movie for family movie night, announcing the winner of family game night, or sharing information about where we are going on a road trip are all reasons for excitement in our home. But how much more should we be willing to excitedly share what God has accomplished on our behalf?!

David was aware of what God had delivered him from; and he was motivated to share this "glad news" without restraint (v. 9, ESV). God extravagantly provided a way for sinners to be reconciled back to Himself through Jesus Christ (John 3:16,

ESV). No wonder David was willing to worship unashamed! Consider what is restraining you from experiencing this same type of worship. Determine to worship God authentically, and wholeheartedly. God alone is worthy!

Charlton is the OneHope Missions Assistant at Crossgates Baptist Church, Brandon.