

7-Day Devotion on Persevering in Trials

Psalm 40



*I waited patiently for the Lord;
And He inclined to me and heard my cry.*

Day 1: The Cry

Reading: Psalm 40:1-3

I waited patiently for the Lord;

And He inclined to me and heard my cry.

He brought me up out of the pit of destruction, out of the miry clay,

And He set my feet upon a rock making my footsteps firm.

He put a new song in my mouth, a song of praise to our God;

Many will see and fear

And will trust in the Lord.

Reflection:

David waited patiently, calling out to God.

God did the following for David:

- Turned to David
- Heard David's cry
- Lifted David out of the pit of destruction and of the miry clay
- Set David's feet on the rock that he may stand firm

David's response to God:

- God put a new song on his mouth, a hymn of praise to God
- David proclaimed – many will see and fear and put their trust in the Lord

I'm so much grateful that God does not change. How He loved and protected David, He does the same for all of us. David must be very troubled as he wrote this psalm. As he described his situation, he was in a pit of destruction, crying out to God for help.

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Indeed, everyone – a king or a commoner has his own problems. No one is excused in living a life full of trials and problems. However, David has a big God. He turned to God alone to seek refuge. He described how God lifted him up from that pit and put him on a rock that he could stand firm again. And God does this to everyone who calls on Him. There was never a time that God failed me every time I'm so down and hopeless. He is the only one who could take me out from that pit, gives me strength to get up and go on with life. And just like David, the only response I could make is to be in awe of God, to give praises to Him even if the times were difficult.

Have you ever experienced God this way? Have you allowed God to help you not just in times of trouble but in everything that you do? Have you entrusted God with every step of your life? Always remember, God hears you. You just need to call unto Him and He will turn to you.

If you are in a difficult situation right now, you can say this prayer to God.

Prayer:

Dear God,

Thank you for showing to me the life of David; that, even a king does not have a perfect life. Thank you for reminding me that I can entrust my life to you and I can call upon you on any situation of my life. I ask for your strength dear God that I may overcome all the trials in my life. Help me to see you always that I may put my trust in you alone. This I pray in Jesus' Name, Amen.

Song:

I hope this song will bring you encouragement and be reminded of who God is.

I Will Sing by Israel Houghton

I will sing of Your great love

I will still in wonder of

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What You've done in this life
With my song testify
I will live and not die to declare

Lord You are good and I will sing
Your mercy endures it's everlasting
Lord You are good and I will sing
A song of worship
Lord You are worthy to receive
Dominion and power, Honor and majesty
Lord You are good and I will sing You great love

I will sing of Your mercy
I will sing of Your love
I will sing your tenderness
And tell the wonders of
I will sing of Your goodness
I will sing of Your grace
I will sing of Your holiness
And melodies and praise

Lord You are good and I will sing
Your mercy endures it's everlasting
Lord You are good and I will sing
A song of worship
Lord You are worthy to receive
Dominion and power, Honor and majesty
Lord You are good and I will sing You great love

Day 2: God Hears You

Reading: Psalm 40:4-5

*How blessed is the man who has made the Lord his trust,
And has not turned to the proud, nor to those who lapse into falsehood.
Many, O Lord my God, are the wonders which You have done,
And Your thoughts toward us;
There is none to compare with You.
If I would declare and speak of them,
They would be too numerous to count.*

Reflection:

Knowing God

- God blesses the man who trusts in Him and who does not turn to the proud and those who lapse into falsehood
- Many are God's wonderful works and thoughts toward us, too numerous to count
- God is incomparable

When you have trials in life, to whom do you first turn to?

Before I had a deep relationship with God, I always turn to my friends first whenever I have problems. I don't even go to my family. And when I remember God, that's only when I pray. However, this has changed when I realized that God is the only one who could sustain me in the midst of my problems.

Now, I always turn to God first and just pour out unto Him all my concerns. When we start trusting God, knowing that He is in control of everything, we will have peace, stillness and joy that we can't explain. These are the blessings we can receive from God even if we are flooded with problems.

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Then, I turn to the people whom God uses to help me in my problems. When we turn to people, let's make sure that they will impart to us wisdom that comes from the Lord and not from the standard of the world (*And has not turned to the proud, nor to those who lapse into falsehood.*) It's important that we pray to God to give us people who could give us godly counsel. I realized how blessed I am to be a part of a community of believers because there are people who will not just give me counsel but will also pray for me.

Have you been trusting God not just with your problems but with your whole life? Only God can understand the very depth of your heart. He will be pleased that you run to Him first. And if you feel like you don't have anyone to turn to, always remember that God is just waiting for you. He hears you. And He will speak to you through the Bible. In the Bible, you will see how God has heard the cry of a lot of people and how He has helped them during difficult times. He will also do the same for you as long as you trust Him.

If you haven't called to God, maybe, it's time you call upon Him. Let this prayer guide you.

Prayer:

Dear God,

Thank you for always thinking about me even if I fail to remember you. Today, I commit that I will always run to you first – in my victories and trials. Thank you for the promise of blessings for those who trust in you. Teach me Lord to trust you always that I may walk not in the ways of this world but in Your ways. This I pray in Jesus' Name, Amen.

Song:

Hope this song will remind you of who God is.

Still by Hillsong

Hide me now
Under Your wings

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Cover me
Within Your mighty hand

When the oceans rise and thunders roar
I will soar with you above the storm
Father, You are King over the flood
I will be still and know You are God

Find rest my soul
In Christ alone
Know His power
In quietness and trust

Day 3: God Made a Way

Reading: Psalm 40:6-8

*Sacrifice and meal offering You have not desired;
My ears You have opened;
Burnt offering and sin offering You have not required.
Then I said, "Behold, I come;
In the scroll of the book it is written of me.
I delight to do Your will, O my God;
Your Law is within my heart."*

Reflection:

During the time of David, they offer animals as sacrifices to the Lord but these are not what God desires. In the time of King Saul, Samuel told Saul, "To obey is better than sacrifice, and to heed is better than the fat of rams. For rebellion is like the sin of divination, and arrogance like the evil of idolatry." (1 Samuel 15:22-23)

The verses 7-8 speak about Jesus being the perfect sacrifice that is only pleasing to God. Because God was not pleased with burnt and sin offerings of men, Jesus had to come to do the will of the Father. In Hebrews 10:10, it says, "And by that will, we have been made holy through the sacrifice of the body of Jesus Christ once for all."

God does not want us to show off to Him how good or best we are at something. **What God desires for us is to see Jesus sitting at the throne of our life. Why? Because Jesus is the only pleasing sacrifice that God accepts as a payment of our sinful life.** Our good works or good intentions will never be enough because our lives are stained with sin. The blood of Jesus is the only cure that when God looks into our lives, He will see the blood of His Only Son covering our sin. And that will be enough for God. **Have you come to that point in your life that you feel so tired of trying to be better or to have a good life? I have good news for you. Jesus said, "Come to me all of you who are weary and burdened, and I will give you rest."**(Matthew

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11:28) All you need to do is to receive Jesus in your life and trust Him to be your Lord and Savior. Through Him, you will receive forgiveness for all your past, present and even future sins. And not only that, through Jesus you will receive the most precious gift of salvation that leads to eternal life. Once you open your life to Jesus, your life will never be the same again. There will still be difficulties along the way, but this time, the yoke will be much easier because Jesus is walking with you to strengthen you and sustain you.

If you are sincere in your heart to accept Jesus, you can say this prayer.

Prayer:

Dear God,

Thank you for your amazing love that you have showed to us through Jesus Christ. Thank you for making a way for us through Jesus so that our lives will become acceptable to you. Today, with a sincere heart, I accept you Jesus to be my Savior. I believe that you have died and resurrected that I will receive the gift of salvation and eternal life. I ask of you today to also become the Lord of my life. Forgive me for all of my sins and help me to turn away from my wrongdoings. May You take over my life Lord Jesus that I may live in obedience to You. This I pray in Jesus' Name, Amen.

If you have accepted Jesus, I would love to hear from you and would love to pray for you.

“For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.” – John 3:16

“Now where there is forgiveness of these things, there is no longer any offering for sin.” – Hebrews 10:18

Song:

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May this song remind you of the sacrifice of Jesus for all of us.

At the Cross by Hillsong

Oh Lord You've searched me
You know my way
Even when I fail You
I know You love me

Your holy presence
Surrounding me
In every season
I know You love me
I know You love me

At the cross I bow my knee
Where Your blood was shed for me
There's no greater love than this
You have overcome the grave
Your glory fills the highest place
What can separate me now

You go before me
You shield my way
Your hand upholds me
I know You love me

You tore the veil
You made a way
When You said that it is done

And when the earth fades

Falls from my eyes
And You stand before me
I know You love me
I know You love me

Day 4: Go and Tell

Reading: Psalm 40:9-10

I have proclaimed glad tidings of righteousness in the great congregation;

Behold, I will not restrain my lips,

O Lord, You know.

I have not hidden Your righteousness within my heart;

I have spoken of Your faithfulness and Your salvation;

I have not concealed Your loving-kindness and Your truth from the great congregation.

Reflection:

When something good happened in your life, are you excited to tell it to people?

I always share my victories to my family and friends because I want to celebrate it with them. But then just like David, I am more excited in sharing to them the love and faithfulness of God in my life. Since I came to know Jesus more, I can't help but speak of His goodness and greatness. Words are not even enough to proclaim how awesome God is. I always run out with words.

Have you encountered Jesus in a way that you can't help but tell everyone about Him? If you haven't, I hope you won't allow yourself to miss it out. Jesus' very words, He said, "***It is not the healthy who need a doctor, but the sick. I have not come to call the righteous, but sinners.***" (Mark 2:17) The good news is, Jesus came to this earth for you and me, sinners. And, He said also, "***I have come that they may have life, and have it to the full.***" (John 10:10) That is a promise that will never fail.

How's your life today? Are you living a life that is full of peace, joy and love even in the midst of your problems? Or, are you feeling empty and unsatisfied? Only Jesus who is loving, righteous, faithful and kind can satisfy you and make your life complete – as He promised. God loves you so much that He wants you to be part of His family. "**This is how God showed his love among us: He sent his one and only Son into the world**

that we might live through him. This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.” (1 John 4:9-10)
Are you excited to have a life that is full and abundant? Do you want to experience content, joy and lasting peace? Are you thrilled to proclaim to the world how much God loves you that He sent His Only Son, Jesus for you and for everyone? If you have sincerely received Jesus Christ in your life, do you know that there is a party in heaven for you? “There is rejoicing in the presence of the angels of God over one sinner who repents.” (Luke 15:10) I’m excited on how God will continue to work in your life and how He will use you also just like David to proclaim His amazing love to others.

As you made a commitment today of loving Jesus, may this prayer guide you.

Prayer:

Dear God,

Thank you for your sacrificial love that You have sent Jesus for all of us that we may be a part of your family. Thank you for your patience that it took me awhile to receive Your Son, Jesus in my life. I’m looking forward to an amazing journey with you as I desire to love you, know you and share your love to others. Teach me and guide me to live each day a life that will speak of your love to others. I pray that I will not restrain my lips or be afraid of proclaiming you to my family and friends who still do not have Jesus in their life. This I pray, in Jesus’ Name, Amen.

Song:

All of My Days by Hillsong

Proclaim Your awesome power

Tell of mighty deeds

Declare Your future kingdom

Of everlasting peace

And my eyes they look unto You always

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And I am captured by Your Majesty

All of my days

I will sing of Your greatness

All of my days

I will speak of Your grace

All of my days

I will tell of Your wondrous love

Your love in my life

Your love

All Your works will praise You

Your children bless Your name

We speak of all Your goodness

We walk in fields of grace

Day 5: Sins No More

Reading: Psalm 40:11-12

*You, O Lord, will not withhold Your compassion from me;
Your loving-kindness and Your truth will continually preserve me.
For evils beyond number have surrounded me;
My iniquities have overtaken me, so that I am not able to see;
They are more numerous than the hairs of my head,
And my heart has failed me.*

Reflection:

Failures, mistakes, wrong choices, bad decisions – all of us are not excused from all of these. But we don't have to continue living a life full of these. Not that life will be perfect and we will never make mistakes, but it will be a life with less.

God has promised forgiveness once we have received Jesus in our life. *“Their sins and lawless acts I will remember no more”*. (Hebrews 10:17) And aside from the gift of salvation and eternal life, God has given us a Helper, a Counselor – the Holy Spirit. Once you start having a serious walk with the Lord, your life will never remain the same. ***“Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come!”*** (2 Corinthians 5:17) The role of the Holy Spirit is to help us each day to choose and obey God as our response of our love for Him, that we may become a new person. *“For Christ's love compels us...”* (2 Corinthians 5:14). The love of God is just irresistible not to love Him back.

God's love and compassion is unconditional and endless. He is patient with you as you desire to become better. You just have to depend on the Holy Spirit and listen as He convicts your heart when you are about to make wrong decisions. And as we desire a deeper relationship with Jesus, we also have to do our part to get to know Him more.

Here are the things that we need to start including in our day to day walk with the Lord.

1. **Pray** – This is our way of communicating to God. Our prayers need not be memorized or repetitive. You just have to pour out what’s in your heart to God. A format you can follow is the Lord’s Prayer (Matthew 6:9-13). Or, you can also do this simple format as you are just starting to learn how to pray (ACTS). Eventually, you can speak from your heart whatever the Holy Spirit is leading you.

- Adoration – acknowledging who God is and giving Him praise (loving, kind, forgiving, etc.)
- Contrition – confessing to God your sins and asking Him for forgiveness and to help you repent
- Thanksgiving – giving thanks to God for everything that He has done for you
- Petition – asking God for your daily need, protection and for other people

Every end of the prayer, we always say, “This we ask (or pray) in Jesus’ Name.” As Jesus said in the Bible, *“Very truly I tell you, whoever believes in me will do the works I have been doing, and they will do even greater things than these, because I am going to the Father. And I will do whatever you ask in my name, so that the Father may be glorified in the Son. You may ask me for anything in my name, and I will do it.”* (John 14:12-14)

For there is one God and one mediator between God and mankind, the man Christ Jesus, who gave himself as a ransom for all people. (1 Timothy 2:5)

2. **Read the Bible** - If we talk to God through prayer, God talks to us through His Word – the Bible. As you start your day in prayer, it would also be nice to start your day hearing what God has to say to you for that day. You can [read the Book of Psalms](#) for your morning quiet time and you can [start with the Book of John](#) as you learn more about Jesus. Just like

in any battle, the Word of God is our weapon for any temptation that would come along our way for that day. It would also be nice if you have a journal notebook where you can write what God has been speaking to you for that day.

3. Be part of a community. God created us not to be alone. We are made for relationships. It is important that we also become a part of a community that shares the same belief. One way of being a part of is to be a part of a small group or a Bible study group. This way, you can also learn from others, pray for each other and be an encouragement for one another. You will realize that you are not alone in the journey that you are going through. *“And let us consider how we may spur one another on toward love and good deeds.” (Hebrews 10:24)*

Are you excited with this journey with the Lord? You can pray like this as you start on with this journey.

Prayer:

Heavenly Father,

You are so loving and full of compassion. Thank you for the gift of forgiveness that you will remember my sins no more because of Jesus. Thank you for giving me another chance to become better as a person. Help me to become more dependent on the Holy Spirit as He leads me to do the right things. I am excited as I desire to know and love Jesus more. I ask that you would strengthen me each day, that I will always have time for prayer and reading of the Bible. I ask also Lord that you would bring me to a group of people who shares the same love for You. From this day on, I entrust my spiritual journey with you. This I pray in Jesus' Name, Amen.

Song:

Now That You're Near by Hillsong

I stand before You, Lord
And give You all my praise

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Your love is all I need
Jesus, You're all I need

My life belongs to You
You gave Your life for me
Your grace is all I need
Jesus, You're all I need

Hold me in Your arms
Never let me go
I wanna spend eternity with You

And now that You're near
Everything is different
Everything's so different, Lord
And I know I'm not the same
My life You've changed
And I wanna be with You
I wanna be with You

And I will sing for You always
'Cause in Your presence God is where I wanna stay

Day 6: Stand Firm

Reading: Psalm 40:13-15

Be pleased, O Lord, to deliver me;

Make haste, O Lord, to help me.

Let those be ashamed and humiliated together

Who seek my life to destroy it;

Let those be turned back and dishonored

Who delight in my hurt.

Let those be appalled because of their shame

Who say to me, "Aha, aha!"

Reflection:

David was seeking help from the Lord because of his enemies who wanted to destroy his life. He had no one to run to but only to God. Are you in the same situation right now like David was? You feel like no one likes you or everyone is against you? Or perhaps, you feel like your life is so messed up that people don't care anymore about you? Or, you experienced being humiliated and belittled? Or if not, maybe you just feel burned out with your day to day things in life that you have to force yourself to get up from bed every morning?

If you are experiencing any of these, I want you to remember two things. One - **God loves you.** Two – **God cares for you.**

David surrendered to God those people who wanted to ruin him. He did not fight back and took matters into his own hands. Instead, He let God handled this trial in his life. And, God wants it the same for all of us. Whatever trial you are going through right now, God wants you to surrender it to Him. The Bible said that our enemies are not of this world. ***Ephesians 6:11-12, "Put on the full armor of God so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rules, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly***

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realms.” The enemy is the devil who uses people or situations to tempt and provoke us that we may disobey God. But Satan will never win with God. When Jesus died on the cross and resurrected, Satan was defeated. That’s why what he can only do is take more souls with him to his destiny in hell.

When someone is trying to test your patience or has hurt you or doesn’t like you, always remember, that person is not your enemy. All you can do is to surrender it to God and just continue doing good to that person, even pray for that person. If you feel so tired and worn out with your work, remember that your boss is not your enemy. The devil uses this situation to make you hate your boss and even steal your time away from God. So instead of complaining, spend more time with God and give all your concerns to Him. The devil trembles when we do these things with God.

To be able to overcome the works of Satan, indeed, we must put on the full armor of God. What are these? These are mentioned in [Ephesians 6:14-18](#).

“Stand firm then, with the **belt of truth** buckled around your waist, with **the breastplate of righteousness** in place, and with your **feet fitted with the readiness that comes from the gospel of peace**. In addition to all this, take up the **shield of faith**, with which you can extinguish all the flaming arrows of the evil one. Take the **helmet of salvation** and the **sword of the Spirit, which is the word of God**. And **pray in the Spirit** on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord’s people. ”

Prayer:

Heavenly Father,

You alone dear God is powerful, mighty and sovereign. There is no one like You and no one can defeat You. Thank Lord for your Son Jesus, because of His death and resurrection, the devil was defeated. Thank You for the victory we have through Jesus Christ. Help us Lord to overcome temptations and attacks of the devil. I can’t do it on my own strength Lord. I need your power to enable me to walk each day without being defeated. I surrender all of my problems, my worries, my concerns to you dear God. I’m letting you take charge of my

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*life from this day on. Thank You for giving us a full armor that we can stand firm for you.
This I pray in Jesus' Name, Amen.*

No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. (1 Corinthians 10:13)

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9)

Song:

Blessed be Your Name by Matt Redman

Blessed Be Your Name
In the land that is plentiful
Where Your streams of abundance flow
Blessed be Your name

Blessed Be Your name
When I'm found in the desert place
Though I walk through the wilderness
Blessed Be Your name

Every blessing You pour out
I'll turn back to praise
When the darkness closes in, Lord
Still I will say

Blessed be the name of the Lord
Blessed be Your name

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Blessed be the name of the Lord
Blessed be Your glorious name

Blessed be Your name
When the sun's shining down on me
When the world's 'all as it should be'
Blessed be Your name

Blessed be Your name
On the road marked with suffering
Though there's pain in the offering
Blessed be Your name

Every blessing You pour out
I'll turn back to praise
When the darkness closes in, Lord
Still I will say

Blessed be the name of the Lord
Blessed be Your name
Blessed be the name of the Lord
Blessed be Your glorious name

Blessed be the name of the Lord
Blessed be Your name
Blessed be the name of the Lord
Blessed be Your glorious name

You give and take away
You give and take away
My heart will choose to say
Lord, blessed be Your name

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Day 7: Always Rejoice

Reading: Psalm 40:16-17

*Let all who seek You rejoice and be glad in You;
Let those who love Your salvation say continually,
“The Lord be magnified!”
Since I am afflicted and needy,
Let the Lord be mindful of me.
You are my help and my deliverer;
Do not delay, O my God.*

Reflection:

I remember this line from the movie, Facing the Giants – “If we win, we will praise God. If we lose, we will still praise God.”

As we seek God, we do not only praise Him when things are going well with us. Our rejoicing and gladness with the Lord should not be dependent on our current condition. It should be constant and continuous regardless of. Though, this is never easy especially when we feel so trapped and hopeless. But just like David, he still chose to praise and worship God despite of his current situation.

Every time I feel down and starts to question God, I just go back to His Word and remember the love He has given to us through Jesus. I am then reminded that everything in this lifetime is temporary. *“For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal” (2 Corinthians 4:17-18)* And that I can look forward to eternity in heaven, someday. This gives me hope and restores my joy.

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I would also remember the things that God has done for me in the past. How He never failed me on the lowest points of my life. At times, we may feel that God does not hear us. But He does. His delays as we thought they are strengthen our faith, which makes us more dependent on Him and not in our selves. We just have to keep fixing our eyes on Jesus.

“Let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.” – Hebrews 12:1. With this, we can have the faith and confidence to a BIG God and say, *“The Lord is my helper; I will not be afraid. What can man do to me?” (Hebrews 13:6)*

Starting today, may you face each day having peace and joy regardless of the trials, challenges and problems you will be facing. Again, fix your eyes on Jesus. You can say this prayer to the Lord.

Prayer:

Dear Father,

Thank you for the promise that you will never forsake us especially on the times that we feel so down and hopeless. I ask that you give me strength through Jesus that I may endure each day with joy and peace in my heart. Help me to trust and always fix my eyes on Jesus that my faith will not be shaken. Thank you for the trials as they make me more dependent to You and mold my character. I entrust to you my day to day, knowing that you will be my helper and refuge. This I pray in Jesus' Name, Amen.

Song:

Praise You In the Storm by Casting Crown

I was sure by now
God You would have reached down
And wiped our tears away
Stepped in and saved the day
But once again, I say "Amen", and it's still raining

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As the thunder rolls
I barely hear Your whisper through the rain
"I'm with you"
And as Your mercy falls
I raise my hands and praise the God who gives
And takes away

And I'll praise You in this storm
And I will lift my hands
For You are who You are
No matter where I am
And every tear I've cried
You hold in Your hand
You never left my side
And though my heart is torn
I will praise You in this storm

I remember when
I stumbled in the wind
You heard my cry to you
And you raised me up again
My strength is almost gone
How can I carry on
If I can't find You

But as the thunder rolls
I barely hear You whisper through the rain
"I'm with you"
And as Your mercy falls
I raise my hands and praise the God who gives
And takes away

I lift my eyes unto the hills
Where does my help come from?
My help comes from the Lord
The Maker of Heaven and Earth