

The background of the image is a sunset over a body of water. The sky is a mix of orange and dark blue, with dark, silhouetted clouds. The water in the foreground is dark blue with white foam from the waves. A white line-art graphic of a wave is superimposed over the text.

SWELLS

TRUTH FOR LIFE'S UPS AND DOWNS

from the Psalms



OUR HELP AND DELIVERER

PSALM 40

RESCUE

“He drew me up from the pit of destruction, out of the miry bog, and set my feet upon a rock, making my steps secure.”

PSALM 40:2



BLESSING

“Blessed is the man who makes the LORD his trust, who does not turn to the proud, to those who go astray after a lie!”

PSALM 40:4

INTIMACY

“I delight to do your will, O my God;
your law is within my heart.”

PSALM 40:8

INTIMACY

“Then I said, ‘Behold, I have come to do your will, O God,
as it is written of me in the scroll of the book.’”

HEBREWS 10:7

INTIMACY

“This is the covenant that I will make with them after those days, declares the Lord: I will put my laws on their hearts, and write them on their minds,”

HEBREWS 10:16

INTIMACY

“For this is the covenant that I will make with the house of Israel after those days, declares the LORD: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.”

JEREMIAH 31:33

WITNESS

“I have told the glad news of deliverance in the great congregation; behold, I have not restrained my lips, as you know, O LORD.”

PSALM 40:9

DIFFICULTY

“For evils have encompassed me beyond number; my iniquities have overtaken me, and I cannot see; they are more than the hairs of my head; my heart fails me.”

PSALM 40:12

SANCTIFICATION

“As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me!”

PSALM 40:11

WORSHIP

“But may all who seek you rejoice and be glad in you;
may those who love your salvation say continually,
‘Great is the LORD!’”

PSALM 40:16