

# Who Prays the Psalms: David, Jesus & You!

## Psalms 40

Pastor Adam McMurray

### **The Prayer Book of the Bible**

The book of Psalms is distinguished from the other books of the bible in that it is made up almost entirely of prayers. An interesting question arises when one considers how a book that consists of man's words to God could be considered God's word to us. How can the prayers of men be included in the Word of God? To answer this question, we must first ask another question. Who prays the Psalms? The simplest and most obvious answer to the question is David. But the Bible indicates that the Psalms are much more than just a record of the prayers of men. There is overwhelming evidence that the Psalms are very messianic—they point to Jesus (Luke 44:24.) They prophesy about Jesus (Acts 2:31.) They teach us about Jesus (Psalm 110:1.) They are, in fact the very words of Jesus at times (Hebrews 2:12, 10:5.) When we study, meditate upon and even pray the Psalms we become more connected to our Savior Jesus Christ.

### **David Prayed the Psalms**

In Psalm 40:6&7, David prays a profound and deeply insightful prayer. "Sacrifice and offering you did not desire, but a body you have prepared for me...I desire to do your will, O my God". As the anointed king of God's chosen people, David understood all too well his standing before the LORD. God had chosen him specifically as the messianic king to save and lead His people. David approached his kingly role in total submission, obedience, and trust in God. His prayers in Psalm 40 exhibit this trust and obedience, "Blessed is the man who makes the LORD his trust (verse 4.) "I proclaim righteousness in the great assembly" (verse 9.) "I do not hide your righteousness" (verse 10.) "You are my help and my deliverer" (verse 17.) David understood that what God really wants is obedience—and his prayers reflect this.

### **Jesus Prays the Psalms**

What is truly fascinating is that the Bible also attributes Psalm 40 to Jesus. Hebrews 10:5 tells us that "...when Christ came in to the world, He said, 'Sacrifice and offering you did not desire...'" This makes sense when we begin to understand that David, the "anointed" messianic king, understood how deeply connected he was to the future coming Messiah. More than once the New Testament teaches that God, through His Holy Spirit, used David to speak of Christ. So it is not surprising to find Jesus praying and speaking the Psalms regularly. Psalm 40 then becomes a beautiful picture of the heart of the Savior on His way to the cross! "...a body you prepared for me...I have come to do your will, O God".

### **Lord, Teach Us to Pray**

All of this comes together in the request of the disciples, "Lord, teach us to pray." In making this request, they confessed that they were not able to pray on their own—they had to learn to pray. We are no different. Prayer does not come easy to us. In fact, it might be the most challenging and frustrating element of the Christian life. We, too, need to learn how to pray. God, in His infinite wisdom has given us a "prayer book" through which we can literally learn to pray in the name of Jesus Christ. Through it we can pray along with Christ, "...a body you prepared for me...I have come to do your will, O God".

Now **that** is a good prayer.

### **Questions for Reflection & Discussion**

What does Psalm 40 teach you about the heart of Jesus?

How can we become more like Christ through the truths of this Psalm?

Verse 17 says, "Yet I am poor and needy, may the Lord think of me. You are my help and my deliverer; O my God, do not delay." This week, spend time in Psalm 40. But, don't just read it. Make it your daily prayer! Cry out to God. Submit to God and offer yourself to Him.

## Up Coming

### **FRIDAY 7/27**

Jr. High School Swim &  
Movie Night, 6:30-  
11:00pm @ Greentree  
Pool & RWGT  
See Josh for details

### **SATURDAY 7/28**

River West Families  
Beach Day at Cannon  
Beach Contact Lindsie  
or Anne for details.

### **SATURDAY 8/4**

All Church Picnic  
East Waluga Park @  
Noon -5pm

### **SUNDAY 8/5 & SUNDAY 8/12**

All Church Services. 10am  
@ Lakeridge Performing  
Arts Center

### **FRIDAY 8/17**

A Night Out...Movie on the  
Lawn, 8pm-10pm @  
RWLG, Contact Mary or  
Adam for details.

### **SATURDAY 8/18**

Ministry Prayer Time  
8-9:15am @ RWLG