

11th October Walk

**May these words of my mouth and this meditation of my heart  
be pleasing in your sight, LORD, my Rock and my Redeemer.**

Take a path that leads you from busyness to somewhere quiet.

- How does it feel to complete a stressful task or be released from a pressured situation?
- What do you do to mark the change?

**Read Psalm 40**

I waited patiently for the LORD;  
he inclined to me and heard my cry.  
He drew me up from the desolate pit,  
out of the miry bog,  
and set my feet upon a rock,  
making my steps secure.  
He put a new song in my mouth,  
a song of praise to our God.  
Many will see and fear,  
and put their trust in the LORD.  
Happy are those who make  
the LORD their trust,  
who do not turn to the proud,  
to those who go astray after false gods.  
You have multiplied, O LORD my God,  
your wondrous deeds and your  
thoughts toward us;  
none can compare with you.  
Were I to proclaim and tell of them,  
they would be more than can be  
counted.

Sacrifice and offering you do not desire,  
but you have given me an open ear.  
Burnt offering and sin offering  
you have not required.  
Then I said, "Here I am;  
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."  
I have told the glad news of deliverance  
in the great congregation;  
see, I have not restrained my lips,  
as you know, O LORD.  
I have not hidden your saving help within  
my heart,  
I have spoken of your faithfulness and  
your salvation;  
I have not concealed your steadfast love  
and your faithfulness  
from the great congregation.

This is a thanksgiving psalm, in Hebrew they might term this as the 'new song' or the 'song of thanksgiving', it is a song that is sung after being delivered by God from a crisis. These types of psalms are a witness to new life when none was expected. They recognise that having gone through the storm, there is no way back to being as they were before the storm, life has changed and the psalmist has developed. God met us in our suffering, finds us, rescues us and in response we praise God.

- How has your song changed over your life?
- Are there parts of your song that you always seem to sing?

Listening to the noise around you, spends some time hearing how it is part of your story and within it is God's.

## **Activity**

**The psalm speaks of not hiding what God has done in our hearts, but speaks about the way we are saved with faithfulness and a steadfast love.**

**Be brave and share a story of how God has been faithful to you in a time of difficulty.**

**There are different ways to tell stories, find one that you feel comfortable with....you never know who it might help.**