



# Something to SHOUT About!

Before I became a Christian over 15 years ago, I fell in love with a song in the “secular” music world called “40.” Ironically, I hadn’t a clue at the time that the lyrics came directly out of *Psalm 40*.

## *Psalm 40*

*I waited patiently for the Lord to help,  
and he turned to me and heard my cry.  
He lifted me out of the pit of despair,  
Out of the mud and the mire.  
He set my feet on solid ground  
And steadied me as I walked along.  
He has given me a new song to sing,  
a hymn of praise to our God.  
Many will see what He has done  
and be astounded.  
They will put their trust in the Lord.  
(vs: 1-3)  
I have told all your people  
about your justice.  
I have not been afraid to speak out,  
As you, O Lord, well know.  
I have not kept this good news  
hidden in my heart;  
I have talked about your faithfulness  
And saving power.  
I have told everyone in the great  
Assembly of your unfailing love  
and faithfulness. (vs: 9-10)  
But may all who search for you  
be filled with joy and gladness.  
May those who love your salvation  
Repeatedly shout, “The Lord is great!”  
(vs: 16) –NLT*

Even back then, what I loved about those words was the idea that God was in the business of changing lives. At that point, it was mostly just “hoping” God was in that business. I wanted to believe God really did things like:

- help us when He hears our cry
- lift us out of our pit of despair
- set our feet on solid ground
- give us a new song to sing

- have unfailing love and faithfulness for us
- rescue us when it seems our troubles are too many to count
- fill us with joy and gladness
- take time to think about us

All around me, I had seen lives on shaky foundations, including my own. Then the Lord changed my life forever and gave me the solid foundation I had longed for.

To this day, I don’t know if anything excites me much more than to see God reach down into broken places and bring healing and restoration to the lives of His children. I believe it is what He most loves to do for us.

When you see Him change people’s lives, don’t you want to just run out and tell someone about it—maybe even shout a “praise the Lord”—at least internally (if you’re not the “shouting-out-loud type”).

Changed lives are one of the most powerful evidences of the character of God for so many reasons, such as:

- He is greatly glorified
- The enemy’s power is thwarted
- People are released to live for Christ
- Hope is given to those who see change
- People are led to share what God did

**Read through the Psalm 40 and take some quiet time to reflect on the following questions:**

**1)** Go back to the time you accepted Christ. Remember as many details as you can—the people involved and how He led you to that point. Then, consider where your life might be today if Christ hadn’t been your Savior since that time. What roads might you have taken? Ultimately, what would your destination be? If you haven’t experienced the grace and salvation of Christ in your life, ask Him to come into your life and transform it

today. (Visit the CEFC homepage—“Discover God” section.)

**2)** Soak in the grace He showed by personally stretching His hand down into your life and touching it with His love. And, realize He didn’t stop there. Can you recognize the plan He has for your life today? Ask Him to reveal it to you.

**3)** Thank Him for all those involved in drawing you to Christ. Think of those even today who He sends to point the way toward Him. Ask God to fill you with His Holy Spirit and give you eyes to see how He loves you and protects you.

**4)** Ask God to reveal how your current circumstances and situation in life might be used to open others’ hearts to what He can do and who He is. Ask Him into those circumstances and to give you a “new song to sing.” Pray that those around you would see and be astounded by what the Lord does in your life.

**5)** Play some recorded worship music and enter into the presence of God. Allow yourself to be filled with the humble gratitude He is so worthy of as you consider what your life might be apart from His grace, mercy and kindness.

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