

He Heard My Cry

“I waited patiently for the Lord, and He inclined to me and heard my cry.” Psalm 40:1

1st question: Who should be doing this?

“I” – It’s personal – first person singular

- Personal testimony – “David’s testimony”
- Personal story
- Personal example – “David’s model”
- Personal musing – David’s song – This beautiful song of Psalm 40 – designed to be treasured and sung by all the saints of all the ages
- Personal responsibility – When David experienced God’s strength and the joy of the LORD; when He experienced the victory, and knew the triumph spoken of in this psalm, He testified to all people
- Personal song – It’s as if David were saying “This is my story, this is my song, praising my Savior all the day long
- So, this is David’s eyewitness account – His personal testimony – a very personal story. He tells the story as only he can – in the first person, as a personal example to us all. It was set to music for all Israel to worship the Lord. We also must learn to wait on the Lord.

2nd question: What should we do?

“Waited patiently” – This translates the Hebrew expression, “Waiting, I waited” You might apply this by saying, “I was waiting on the inside of my heart and on the outside.”

“Wait” – to wait or look for eagerly, look forward with confidence to that which is good and beneficial, often with a focus of anticipation on a future event

>> Note the way that this verse draws an equal sign between “waiting” and “praying” : “Waiting on the Lord” meant “crying out to the Lord” until the Lord inclined to him.

- The word “waited” shows you that there is a continual aspect to this – it is beyond just one point, it implies “perseverance”
- This is humble, prayerful patience with determination
 - WAITING like a patient for healing
 - WAITING like a laborer for his pay
 - WAITING like a servant for his master
 - WAITING for that great wedding day
 - WAITING like a farmer who has planted
 - WAITING for a child to be born
 - WAITING for a wish to be granted
 - WAITING for the Lord to return

Note how you could substitute the word “praying” for each of those expressions

This is the heart of an intercessor. Please turn to Exodus 32. I would like to ask you – Does the Lord ever tell you to “quit waiting?” or to “stop praying for people?”

@@ Application: If we don’t intercede for the lost, what will happen? That my wrath may wax hot against them

- David said, “I waited patiently,”
 - He did not say “I give up”
 - He didn’t say, “I can’t” or “I quit”
 - He didn’t stew over it. He didn’t stumble, and He didn’t stop.
 - He waited patiently for the Lord.
 - He didn’t wander off saying
 - “I was tired of waiting, tired of wishing”
 - He didn’t say
 - “I took matters into my own hands” or
 - “I did it my way” or
 - “I just made things happen”
 - He waited patiently and prayerfully for the Lord.

John Milton, the poet who lost his sight at middle age, penned these words in “On His Blindness”

*Who best bear his mild yoke, they serve him best. His state is kingly: thousands at his bidding speed,
And post o'er land and ocean without rest; They also serve who only stand and wait."*

Now in a moment, I would like to consider more about “waiting patiently” but I think we could practice patience in our waiting if we knew WHOM we were waiting for

3rd question: For Whom do we wait? “For The Lord”

“The Lord” – not “a lord”

He is “THE LORD” This is “Yahweh” the Personal Name of God

- He is unique – there is no one like Him
- He is supreme – God above all

Psalm 83:18, “That *men* may know that thou, whose name alone is JEHOVAH, *art* the most high over all the earth.”

- He is sovereign – God who has power over all

A Biography of God

I would invite you to let your eyes fall upon verse after verse in Psalm 40 to see this magnificent biography of God, THE LORD:

- v. 1 He is the LORD who listens: “I waited patiently for THE Lord and He inclined unto me and heard my cry.”
- v. 2 The LORD who rescues, who establishes our steps, who gives us stability
- v. 3 He is the LORD who give me music – “He puts a new song in my mouth”
He enables me to give praise unto our God that many people shall see and hear
- v. 3 He is the God to be praised; He deserves my respectful fear. . .But He is the LORD whom we can trust
- v. 4 He is the LORD of BLESSING
- v. 5 The LORD who shows us His many wonderful works, who graces us with His thoughts
- v. 5 Whose works and thoughts show His infinity
- v. 6 Who opens our ears
- v. 6-8 Who satisfies His own supreme demands (in the person of Jesus Christ) to show us His Grace and Glory in the person of Jesus Christ (see Hebrews 10:5-10) @GOSPEL
- v. 9 The LORD who knows what we say; He hears what we preach
- v. 10 The LORD of RIGHTEOUSNESS who puts Righteousness in my heart
- v. 10 The LORD who is faithful; the LORD of my salvation who blesses us as the LORD of lovingkindness and the LORD of Truth

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- v. 11 He is the LORD who gives us His tender mercies
- v. 12 Who rescues us from all kinds of evil; Who lifts us up when our hearts fail with fear
- v. 13 Who can be pleased and shows His pleasure in delivering us
- v. 14 Who turns aside our evil enemies with shame and confusion, 14-15
- v. 16 The LORD who causes those who find Him to rejoice and be glad
- v. 16 The LORD who causes us to love His salvation continually, so that we can boldly say, “THE LORD BE MAGNIFIED”
- v. 17 The LORD who helps us see that we are poor and needy
- v. 17 But we are the ones that the LORD thinks about
- v. 17 The LORD who is our Help and Deliverer, who is our MAJESTIC God

4th Question: Why Should We Wait Upon the Lord?

This Biography of God makes the next words in our text all the more remarkable. And we are POOR and NEEDY!

“And HE inclined unto me and heard my cry”

In the Spanish common language version, this is translated, “He bent down to hear my cries. . .”

This is a TESTIMONY of PREVAILING PRAYER

So David said, *“I waited patiently for the Lord, and He inclined unto me and heard my cry”*

@ Old broker ad [E.F. Hutton]: applied: Picture the Lord saying “My child is _____ and he/she says...”

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5th Question: When should you wait for the Lord?

So, in the Sunday School hour this morning, this afternoon, in our Concert of Prayer this evening, tomorrow, this week

- Would you prayerfully wait?
 - @ Jesus asked His disciples, “Could you not watch with me one hour?”
- Pray for His answers to problems
- Wait for His healing in pain
- Pray for His Light in your darkness
- Wait for His Glory to reign
- Pray for His Grace in your grieving
- Wait for His work to be free
- Pray for His comfort in sorrow
- Wait for His wisdom to see

Wait patiently for the Lord to incline to you and hear your cry

- When you need answers now
- When everyone else is asking you for answers
- When you need the pieces for life’s puzzles
- When life’s demands sound like commands that you can’t obey
- When pouting turns to shouting in your family
- When you are longing to be bold, or you are afraid that you are getting old

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Learn what it means to joyfully testify, “I waited patiently for the lord and He inclined unto me and heard my cry.”

- When what I fear is in the darkness
- Or I shake in the shadow of death
- Or when critics insist that they cannot help you, but that you must please them
- Or when you are deeply troubled over a lost soul
- Or the noise in your own soul
- Or things that seem out of control
- Wait patiently for the Lord
 - Your cry about your marriage
 - About your husband
 - About your wife
 - Your cry out for your children
 - Cry out for your church

YOU WILL BE HEARD by our MAJESTIC LORD

Would you hold on like Hanna
With the earnestness of an Esther
And the attitude of an Anna
And the walk of an Enoch?
Would you just be like Job
Or like Joshua at Jericho
With the sincerity of a Simeon
And learn to pray like Paul?
Would you be like Noah, and never know when to give up?

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