# ANN BOUNTS

LET THE REDEEMED OF THE LORD SAY SO

## Why does God bother saving us from our messes?

<sup>1</sup> I waited patiently for the LORD; he inclined to me and heard my cry. <sup>2</sup> 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.



<sup>3</sup> 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.



#### **Psalm 40:4**

<sup>4</sup> 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!



<sup>5</sup> You have multiplied, O LORD my God, your wondrous deeds and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told.



#### Psalm 40:6-8

In sacrifice and offering you have not delighted, but you have given me an open ear. Burnt offering and sin offering you have not required. Then I said, Behold, I have come; 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.



<sup>9</sup> I have told the great assembly about your justice. Look! I spare no words! O LORD, you know this is true. <sup>10</sup> I have not failed to tell about your justice; I spoke about your reliability and deliverance; I have not neglected to tell the great assembly about your loyal love and faithfulness.



"Research shows that practicing gratitude — 15 minutes a day, five days a week — for at least six weeks can enhance mental wellness and possibly promote a lasting change in perspective. Gratitude and its mental health benefits can also positively affect your physical health."

Source: UCLA Health

#### Psalm 40:11-12

<sup>11</sup> As for you, O LORD, you will not restrain your mercy from me; your steadfast love and your faithfulness will ever preserve me! 12 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 40:13-15

<sup>13</sup> Be pleased, O LORD, to deliver me! O LORD, make haste to help me! 14 Let those be put to shame and disappointed altogether who seek to snatch away my life; let those be turned back and brought to dishonor who delight in my hurt! Let those be appalled because of their shame who say to me, "Aha, Aha!"



But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, "Great is the LORD!" <sup>17</sup> As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!



### You're SAVED so you will open your mouth and SAY SO.



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