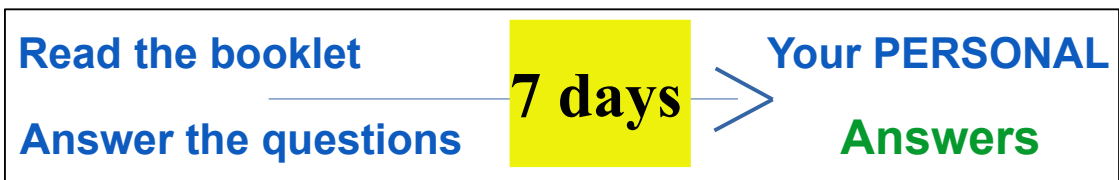


*7Day*

**What Did Jesus Do For Me?**

To see how much you matter:



*7Day*  
**Done**

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What Did Jesus Do for Me? v. 1

Presented by Al

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This book is part of the 7D Series.

Bible quotes are from the King James Version, at times updated by the author.

The author also does his own translation from the original Greek. The translation in bold is one he developed to give more info on what is actually in the text.

All images were created by the author from scratch.

In the 7D Series:

- Why Do I Exist – Why Do I Suffer?
- Am I Important?
- What Did Jesus Do For Me?
- Did I Do the Sin to Death?
- How You Fit In with God
- 27 Way the Bible Makes Me Better at Work
- What Type of Christian Am I?

Everything is written with a conservative Christian viewpoint in mind.

This book simply offers information and/or experiences and may invite you to compare your experiences with what is in this book.

This book is derived from [Jesus N Me](#).

Note: This material is divided into 3 parts: *The Study*; *The Story*; *The Workbook*

The *Workbook* questions are all keyed to the verse numbers in the *Study*

Be sure to answer the questions- they are at the end of this booklet

The *Story* is a brief overview of the main ideas in story form

This material is derived from Jesus N Me

This book may have dated ideas. For the most recent see the Jesus N Me journals.

### *Part One*

## **The Day Jesus Received Mercies**

### **Matter 1: The ONE Who Makes My Existence Matter**

Who Makes it possible for you to matter- and what He did

#### **Psalm 40: The study**

Psalm 40 is all about Jesus becoming sin: how it came about, what happened, and the results.

Psalm 40 is all about Jesus receiving mercies- from what led up to it to how He reacted in the end.

Psalm 40 is all about Jesus.

Look at how Psalm 40 is all about Jesus. When it says, "Then I said, Lo, I come: in the volume of the book *it is* written of me, I delight to do your will, O my God: yes, your law *is* within my heart," Hebrews tells us that's Jesus talking. When it says, "Let those be appalled because of their shame who say to me, 'Aha, Aha!'", this reminds us of Jesus on the cross. When it says, "therefore my heart fails me," that's Jesus, too, in Psalm 22. Where Psalm 40 says "I have declared your faithfulness and your salvation," that's Jesus talking about what He did after the cross, Psalm 22. "And he has put a new song in my mouth, praise to our God" is the reaction of Jesus to the mercies He experienced from God the Father.

In the center of all this is: "My iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of my head" (verse 12)- this is the result of what Jesus experienced in 2 Corinthians 5:21. Jesus never did a single sin and yet Jesus needed mercies for sins more than you ever will.

2 Corinthians 5:21. Jesus never sinned. But He was made sin. This doesn't just mean Jesus died for our sins, though He did that. It doesn't just mean He dealt with our sins, though He did that. No, He did far more than that. Jesus was made sin. When Jesus took your sin and my sin upon Himself, it changed the

very fabric of Who He Is. His very being changed. Sin wasn't just an add-on, something separate but attached somehow. Sin altered Him. He became sinful, without ever doing a single sin. Jesus, God Almighty, became sin. And the effect of that was so total, so absolute, that God the Father, who cannot bear to look at sin, could not look at Him. There was total darkness in the universe for 3 hours while Jesus was on the cross with your sin and my sin being the center of Who He Is. Darkness, because the Father could not stand to see Jesus. Darkness, until.. until Jesus received mercies.

With this in mind we can understand some depths of this psalm. Now Jesus' cries for Help! in Psalm 22:1, 11, 19-20; and in verses 11 and 13 below, make sense. And His praises of God take on a new depth.

Mercy. God is so merciful that He transforms us to actually be holy instead of leaving us in our sins. Mercy is not in just not punishing sins but includes transforming us so we are no longer sinful. (See God WANTS You on 1 John 1:8-10.) And Jesus, who took on all our sins, experienced both the ultimate mercy of forgiveness and the ultimate mercy of being transformed (back) to holiness, because He had all our sins in Himself to receive mercies for (and He then applied those mercies to each of us).

And the waiting for mercies while being on the cross was sheer agony. Not being holy was pure agony.

(One point of clarification. There are no mercies for people who do not enter into relationship with God. For them there is only judgment, which Jesus applies to them. They have no part in, or effect on, the Waiting and the Mercies of Psalm 40.)

Jesus experienced a full human life, including the need for mercies. And He has a fully human reaction to God's extreme mercies. And it all starts with His willingness, no, more than that, with His commitment to do God's will no matter what.

Now we can take a look at Psalm 40. Psalm 40 is not in chronological order, but there is a logical flow to its ideas.

And it all centers around the universal principle: God blesses those who trust Him: Trust God and you will be blessed.

**40:1-3:** *The universal principle experienced*

*Here we see Jesus living by the universal principle, the help Jesus received as He lived by the universal principle, Jesus' reaction to experiencing the universal principle, and the result among others of Jesus' reaction.*

**40:1:** *"I waited patiently for the LORD; and he inclined toward me, and heard my cry."*

*What Jesus did to live by the universal principle*

***I waited patiently for the LORD, until the Father responded.***

We can tell from the context of the whole chapter, especially verse 12 and following, that this occurred while Jesus was on the cross.

Even in the agony of the cross, Jesus was patient. In the depth of the horrors of bearing the burdens of all of our sins and the results of all that sinfulness, Jesus waited for God the Father to help Him. Jesus gave up the right to act independently as God (Philippians 2:6-7), which left Him dependent on God the Father and God the Holy Spirit just like any human being is. Even though, as God, He could have dealt with the sins Himself, He had given up the right to do so. Jesus had to deal with sins just like you and I do, as a man. Jesus was a sinner (though He never did a sin). He was the ultimate sinner (He took all our sins into Himself). Jesus was a Man. The way men are supposed to deal with their sins is to wait for God's mercies, His forgiveness and His making us holy again. (Psalm 32:5; Proverbs 28:13; Isaiah 55:7; Daniel 9:9; Matthew 9:13; 23:23; Ephesians 2:4-10; Titus 3:5; Hebrews 4:16). So Jesus was patient in the midst of ultimate suffering, and called out to God the Father for help.

Jesus Waited. This was incomprehensible patience. Jesus did not take back His rights as God. He did not go on a do-it-yourself campaign. He waited. In the midst of all the suffering and disgrace He waited. He waited with an incredible patience. He waited until it was obvious to God the Father, man, and angels that Jesus was relying on God's mercies, not on His own abilities, to deal with all of our sins.

*The help Jesus received as He lived by the universal principle*

While being patient Jesus did ask for help (verse 11). Waiting patiently did not involve not asking for help. He asked, and then He waited for a response instead of trying the do-it-yourself route.

And He was heard. God the Father responded. This is really an incredible thing. God the Father who can't stand to look on sin reached out to help the most sinful one ever to exist. This took incredible compassion. It took incredible commitment.

God the Father responded with Mercies. God is so merciful that He transforms us to actually be holy instead of leaving us in our sins. Mercy is not in just not punishing sins but includes transforming us so we are no longer sinful. (See God WANTS You on 1 John 1:8-10.) And Jesus, at the end of the 3 hours of darkness, at the end of the 3 hours of waiting while He had all our sins in Him altering His very being, polluting Him, experienced the ultimate transformation, the ultimate mercy of being transformed (back) to holiness, because He had all our sins in Himself that He received mercies for (and He then applied those mercies to us).

Because His holiness is tied in with our holiness, because His life and yours and mine are intermingled in blood covenant relationship, He said, "***I waited patiently for the LORD,***" *until the Father responded by changing... us, you and me, which also returns Jesus' holiness.*

There are 2 parts to the mercies.

1. Jesus received mercy for the sins we do. Those sins are not held against us. God accepts the consequences without punishing us by ending our relationship with Him. Jesus passes that mercy on to us. (God may create other consequences in certain conditions so His glory is not overly diminished, but this does not end a person's relationship with God (2 Samuel 12:13-14).)
2. Jesus received mercy in the form of being enabled to pass on God's lifestyle principles to us so our sinning diminishes over time. We do fewer sins and fewer types of sins. We become ever more holy, not to the point of perfection in this life (that comes in the next life), but we

are being transformed to holiness as we more and more adopt God's lifestyle principles as the rules we live by as we encounter the various situations in life.

When we become followers of God (become Christians, "saved") we enter into a blood covenant relationship with Jesus. His life and ours are mingled. (See "1 John Concepts" in God WANTS You.) For Jesus, the mercies happened on the cross, at about the 9<sup>th</sup> hour. For you and me, transformation takes time. A person must be willing to be transformed, learn God's lifestyle principles, and adopt these lifestyle principles as the correct way to respond in various circumstances in life (no matter how much it hurts to do so) to the point he is actually doing them.)

Jesus Waited. He waited till He had mercies. Jesus' life and our lives are mingled in the blood covenant relationship. Jesus is not holy if we are not holy. Any unholiness we have He has. Jesus waited for the mercies that would transform us into holy beings, which meant Jesus was also waiting for the mercies that would return Him to being a holy being. Jesus Waited until He had the mercy of the setting aside of sins we actually do, so He was credited with being pure on that end. And He waited as the mercy of implanting God's lifestyle principles also was applied to our lifestyles during our individual lives so we (will) become holy in our actual acts, so He is again credited for being pure completely.

We are not totally pure now, but we will be. And we get credit now for what we will be later. Jesus already has the credit for all of the holiness. He is again credited with being pure. This is what Jesus got for Waiting. (The idea of getting credit now for what we will do later is briefly covered in "Jesus N Me, Not Rules N Me", below, in the Galatians 3 section. It is a main point in Romans 4.)

We as individuals wait for God to fully transform us. Eventually this transformation will include our very bodies (Romans 8:23). This verse is what triggered my thinking about Jesus having to wait for our transformation in order to be holy Himself. We wait. Our lives are mingled with Jesus' life. He has to wait for us. We are His body (Ephesians 1:22-23). He has to wait for His body to be perfected, just like we do. Jesus has full credit for our purity now. Our purity, as He works in us, absolutely is going to happen. Jesus is transforming us. We will eventually be pure. At that point Jesus will again actually be pure. Today, He has credit for that purity (and so do we!).

(One point of clarification. There are no mercies for people who do not enter into relationship with God. For them there is only judgment, which Jesus applies to them. They have no part in, or effect on, the Waiting and the Mercies of Psalm 40.)

**40:2: *"He brought me up also out of a horrible pit, out of the miry clay, and set my feet on a rock, and established my goings."***

This reminds me of Joseph, who was put into a pit to die then brought up and sold into slavery, with the end being that he ruled the ones who had enslaved him. While He hung on the cross Jesus went into the pit of death, the pit of Hell, with all the sins of all mankind in Him. The muck and the yuck of the incredible multitude of all of our sins held Him there. He did not get out on His own. He stayed in that absolute misery. Until. Until after 3 hours God the Father brought Jesus out of that pit. The muck and the yuck of our sins did not hold Jesus down there then.

Not only that, but God the Father gave Jesus a secure and very good future. This verse doesn't say it, but like Joseph, Jesus is now ruler of the very ones who put Him into that pit- you and me. This is the secure and very good future Jesus received.

We see here the incredible heart of God. He forgives the most sinful one in existence. And then He tops it off by giving that one a solid future with solid backing from God the Father Himself.

**40:3: "And he has put a new song in my mouth, even praise to our God: many shall see it, and fear, and shall trust in the LORD."**

*Jesus' reaction to experiencing the universal principle- tell about it*

Jesus just received a huge huge gift from the Father. And like any person, He is going to tell about it. He is singing His praises of the Father for all to hear.

And this is a new song. Jesus is God. Jesus knows all. But it is one thing to know about something and another to experience it. Jesus knew about being delivered and being helped. But, when has God ever needed help? Now God has needed and received help. And this gives Jesus Who is God a new thing to praise God the Father for. No one would ever think of God needing help. And no one would ever think of God, the infinite almighty One, getting help. And no one would ever think of God having a new experience. And yet all that happened. And God the Father gets new praise and new glory because of it. From Jesus and...

*The result among others of Jesus' reaction*

... Because of this praise people, and angels, see what God the Father did for Jesus. And they revere God for what He did. And this reverence includes some fear. God is this powerful. He can help, if He so chooses. It will not be wise to upset such a God. But- this God is so merciful. God the Father was merciful to the ultimate sinful one. The ultimate sinful one has already dealt with my sins. He got mercies for my sins. So, that means the Father has shown mercies to Jesus for my sins. As a logical extension I can trust God to show me the same mercies because God the Father sent Jesus to Earth so I can receive God's mercies and live forever for and with God (John 3:16). And even more, I can trust God to give me a solid future just like He did for Jesus when He showed mercies to Jesus for my sins that Jesus had in Him on the cross (Romans 8:17-18; 1 Peter 2:9). The mercies have already been granted. God the Father sent Jesus so the Father could grant the mercies to Jesus, and Jesus would pass them on to me.

**40:4-5: The universal principle: God blesses those who trust Him: Trust God and you will be blessed. This is true, why it is true.**

**40:4: "Blessed is the man who makes the LORD his trust, and respects not the proud, nor such as turn aside to lies."**

*God blesses those who trust Him : Trust God and you will be blessed- it is true.*

This is not referring to any blessings God may or may not grant a person when the person has not trusted God. This refers to someone trusting God before a blessing comes. Trust God and you will be blessed.

This is exactly what Jesus did. He trusted God. He trusted God to be honest. He trusted God to do what He said He would do. He trusted God to be able to keep His word. He trusted God the Father to take care of Him. He trusted God the Father to look out for Him even while He was sin. Not just while He was dealing with our sins, but while He Himself was so altered by our sins that He was sin in His very fabric of being. He trusted the Father to be merciful about the sins, not just in forgiving the sins but in restoring Him to full holiness. And if Jesus can trust the Father to this extent under those circumstances, surely I can trust the Father, too.

One point of clarification. There are no mercies for people who do not enter into relationship with God. For them there is only judgment, which Jesus applies to them. They have no part in, or effect on, the Waiting and the Mercies of Psalm 40.

At the same time Jesus did not trust those with alternate offers to solve His problems. He did not trust Satan who is the ultimate proud one and the ultimate liar. He did not trust people, not even Peter and His other friends. He did not allow Himself to be distracted by all the offers of an easier way to deal with things. At all. He simply totally trusted in the Father always.

Jesus trusted the Father so much that He went to the cross because the Father wanted Him to, He trusted the Father so much that He took all our sins into Himself to the point that it made Him sin, He trusted the Father so much that He waited patiently for the Father to deliver Him from the horrors of death rather than doing it Himself. Jesus trusted the Father, and I need to do the same.

“Blessed is the man who makes the LORD his trust.” Jesus didn't just trust the Father because He had to. He chose to trust the Father. Jesus purposely put Himself in the position where He would have to trust the Father to grant Him mercies. As agreed to before the universe was created, Jesus took all of our sins into Himself and was not able to deal with them Himself because He'd given up that capacity (Philippians 2:6-7). And though Jesus was in a covenant relationship with the Father, Jesus couldn't force the Father to help Him. Jesus put Himself in the position of having to trust the Father to live by the principles of unconditional commitment to the well-being of others even when you can't stand them (called “love”). Jesus put Himself in the position of having to trust the Father to live by unconditional commitment while Jesus was being totally repulsive to the Father. Jesus made the Lord His trust. Jesus trusted the Father to live by compassions, to grant Him mercies, and Jesus voluntarily put Himself in the position of being desperate for those mercies. Jesus would have spent eternity in Hell if the Father had not shown the mercies. This was the ultimate risk, and Jesus voluntarily took the risk of making the LORD His trust, of trusting the Father to live by unconditional commitment simply because that is what the Father does, no matter how horrible Jesus was (and we are).

**40:5: *"Many, O LORD my God, are your wonderful works which you have done, and your thoughts which are toward us: they cannot be reckoned up in order to you: if I would declare and speak of them, they are more than can be numbered."***

*God blesses those who trust Him: Trust God and you will be blessed- why it is true- God constantly thinks about us.*

God does many things, and He keeps us in mind as He does them. There are so many of them we couldn't present them all to Him in a logical order. He thinks about us that much, and works toward our good (they are "wonderful works") as long as we don't louse it up. In fact, we couldn't even count



them all. This is why we can trust God. This is why we must be patient. He constantly has us in mind for our good. We can't even begin to imagine all the good He has in mind for us. We will give God all the praise we can when we see what He has done, and it still will not begin to cover everything God deserves praise for. This is what Jesus depended on. This is why He expected the universal principle (*Trust God and you will be blessed*) would be true for Himself. This is why He expected to be forgiven for our sins and to have His holiness restored.

The main emphasis in this Psalm of the thoughts and works God does are that God forgives the sins of God's followers and restores them to fellowship with God, and in the process Jesus also gets His holiness back in full. (See the discussion in verse 1.)

While God constantly has thoughts toward everyone, including those who don't and won't trust Him, with verse 4 as the context we can tell this verse is not dealing with people who don't trust God.

*40:6-8: Trusting God before the need for a blessing- what Jesus did*

**40:6: "Sacrifice and offering you did not desire; my ears you have opened: burnt offering and sin offering you have not required."**

*Why Jesus trusted God before needing a blessing*

Jesus knew what God did not want from Him. The Jews were big on making sacrifices to God to try to win God's favor. That was not enough. They were also big on giving offerings to God to show their appreciation for all God does for them. This also was not sufficient. Even sacrifices and offerings specifically for dealing with sins were not enough. Jesus knew this because it was written in the Old Testament. The requirements for the Jews to do these were written, and their shortcomings were covered in the same writings. Even so, the Jewish society Jesus grew up in was big on the sacrifices as though they were the totality of what God wanted. But Jesus knew these were not what God wanted. They were not sufficient for what God wanted Jesus to do.

Jesus knew this because God had given Him a listening ear. Jesus learned from the Old Testament, which was the guidebook God had given the Jews, the same guidebook the Jews used for saying the sacrifices were what God wanted. Jesus learned to trust God by reading the Old Testament. Jesus learned God had ways of dealing with sins and having a relationship with God other than sacrifices and offerings. Jesus knew all this before He entered His ministry. He knew what God had planned for Him, probably by the age of 12, long before He needed the blessing of mercies on the cross.

**40:7: "Then I said, Lo, I come: in the volume of the book it is written of me,"**

*Jesus' decision that shows He decided to trust God exceptionally*

Jesus had discovered that the Old Testament spoke about Him specifically. And He responded to what was written by verbally agreeing to accept and do what was written for Him there. He expressed His intention to actively do what was required of Him. Jesus knew what the Father wanted Him to do, how, and when. He simply followed the detailed plan in the Old Testament. He knew this included death on the cross and bearing all of our sins. He trusted God with all this in mind.

**40:8: *"I delight to do your will, O my God: yes, your law is within my heart."***

*Why Jesus was willing- even delighted- to do something that would require Him to trust God exceptionally*

Jesus not only was willing to do God the Father's will, He was delighted to do it. He knew from the Old Testament that He was going to go through some horrible times. He knew what Psalm 22 said. He knew that He was going to take into Himself all of our sins and deal with them. Yet, doing what the Father wanted was more important to Him than His own desires and comfort. It was more delightful to Jesus to do the will of the Father than His own comforts were.

Why was it a delight to do the Father's will? Jesus had the lifestyle principles of God the Father in Him. Jesus was guided every moment of every day by these principles. He did not deviate from these principles even a little bit. And the principles are based on sacrificial commitment to the well-being of others. This is the core of Who God is and all God does. It was also the core of what Jesus as Man did. Jesus was full of grace and truth. He was full of, among other things, the lifestyle principles of God. He couldn't do anything but live by them. He didn't want to do anything but live by them. He was totally committed to the well-being and happiness of God the Father. He was totally committed to bringing God more glory, since this is what the Old Testament shows God is seeking. (I assume God the Holy Spirit was also taken into account here.) Due to the lifestyle principles in Him, Jesus not only knew He wanted to do the Father's will, He knew what He needed to do. He needed to live by God's lifestyle principles and in the process bring God more glory. In the ultimate act of sacrificial commitment toward God and us He needed to become sin by taking our sin into Himself so our sin would be dealt with and He needed to trust God to grant Him mercies and return His holiness to Him: we get saved, Jesus gets His holiness back and eternal rewards, and the Father gets great glory. He needed to go through the agony of Waiting for God to act. And He delighted in the doing.

Jesus would also know from the Old Testament that God rewards those who live by His ways. And people, Jesus included, always look forward to getting rewards (Hebrews 12:2).

**40:9-10: *Result of experiencing the universal principle- Jesus reacts by telling others what God did***

**40:9: *"I have preached righteousness in the great congregation: lo, I have not refrained my lips, O LORD, you know."***

Time wise, this is a jump from Jesus coming to Earth in the last verse to after He has left Earth, job done. And the two sections fit together perfectly. Jesus came to do the Father's will. And the main thing, the absolute main thing, Jesus was going to accomplish wasn't living a perfect life on this planet, or taking all of our sins into Himself to deal with them, or forgiving us, or showing what God is like via His earthly life. No, the biggest goal while He lived on Earth was to bring more glory to the Father and the Holy Spirit. When Jesus delighted to do the will of the Father, this is the main thing He was delighting in doing.

After He left Earth Jesus continued to glorify God. Jesus delighted to tell the great congregation all the Father had done (see verse 1). And He did the telling very widely. No one could miss it.

Jesus told all about the total righteousness God the Father showed in how He dealt with Jesus while Jesus was on the cross for those 3 dark hours. Jesus had experienced this righteousness personally, and He told all about that far and wide. He didn't shy away from the slightest bit of the message.

Righteousness is meeting standards. Jesus told everyone that God the Father met the standards of God's lifestyle principles totally, in every way, everything included, no exception, nothing missing. The standard of God of being sacrificially committed to others (normally translated "love"), God the Father met this standard totally, perfectly, not only in having Jesus die on the cross for us, but in mercifully restoring holiness to Jesus because Jesus Waited for the Father to act. (Holiness- being set apart to God and acting the way God wants.) Jesus preached about His restored holiness, the holiness He had before He took our sins into Himself and lost and then regained after He waited for mercies for the sins he took from us. He undoubtedly told about His life being mingled with ours, our receiving the Father's mercies and being transformed to holiness due to Jesus working IN us, and His sharing in this holiness (which is His holiness IN us), receiving credit for the holiness now before we complete the process of gaining it.

It is also possible, as a backdrop, that Jesus told about the horrors of not being holy, of being sinful.

(For the idea of receiving credit now for something future see see the Galatians 3:2, 5-6 note, and Galatians 3:6 below.)

And who is the great congregation? Angels have watched people since the beginning of creation, wanting to learn more about the salvation God is giving us, to learn more about God and His ways and character. Angels in this universe, and I believe angels from outside the universe. Who is in this great congregation? I believe it is all God's creatures. All of them get to learn from Jesus what happened, and what it was like to have it happen to Him.

**40:10: *"I have not hid your righteousness within my heart; I have declared your faithfulness and your salvation: I have not concealed your lovingkindness and your truth from the great congregation."***

Jesus did not try to conceal the Father's righteousness in His heart so Jesus could claim the glory for Himself of what had been done. Jesus did not try to hide the fact that God the Father fully met the standards of being unconditionally committed to the well-being of others in what He had Jesus do and in what He did for Jesus.

On the contrary Jesus told everyone how faithful the Father was to God's lifestyle principles. Jesus told not only how faithful the Father was to us, but how faithful the Father was to Him. In having Jesus come to die on the cross, in having Him take on the burden of our sins, in showing mercies to Jesus (see the discussion especially in verse 1), and in giving Jesus a glorious future: in all of this the Father was faithful to God's lifestyle principles and to Jesus.

Jesus had a lot to say about God's salvation. He experienced it. He experienced God's mercies while He hung on the cross under the indescribably horrible effects of taking on our sins. We will talk about God's mercies for each of us, and Jesus talks about receiving them for the sins of all of us. He has the ultimate story of salvation to tell.

Jesus told everyone about the Father keeping His covenant of unconditional commitment to Jesus' well-being. The birth, the life, the cross, the deliverance via mercies, the new rulership position- Jesus showed how all of this was involved in the Father's covenant of unconditional commitment to Jesus' well-being. He didn't hide a bit of it.

Jesus also told exactly what truths God the Father operated from and had Jesus operate from as the Father met His covenant with Jesus. He told what the truths were and how they worked out in life and death and life. God the Father was steadfast in living by these truths.

Jesus didn't keep anything secret about how the Father had acted, about what the Father had done and accomplished. He told it all.

**40:11-16:** *The crisis, the cross- when the blessing, the universal principle, was truly needed by Jesus. The crisis is an event that makes the universal principle of being blessed due to trusting God exceptionally needed and exceptionally meaningful. Jesus truly experienced the need for the blessing of the universal principle, which need He had due to trusting and therefore obeying God.*

**40:11:** *"Withhold not your tender mercies (compassions) from me, O LORD: let your lovingkindness and your truth continually preserve me."*

*The blessing of the universal principle directly asked for*

Now we jump in time to when Jesus was on the cross. We can see several parallels between what is written in this section and in Psalm 22. And timewise, it is apparent from the way verse 11 is worded that it goes with the following verses. So this verse tells us things Jesus was seeking while He was on the cross: Compassions, covenant faithfulness ("lovingkindness") by the Father, truth, and being guarded or preserved. The compassions were something the Father could refuse to grant. They were optional. The compassions would mean covenant loyalty and the truth would preserve Him.

The covenant commitment and truth are things Jesus was praising the Father for in the great assembly, in the verse right above. Since Jesus praised the Father for these things in vs. 10 and was asking for them in vs. 11, it is obvious He received them between these 2 times. His plea for help (vs. 13) and expectation of receiving help (vs. 17) were met. Jesus received the compassions from the Father.

This section is here to explain how it is that Jesus can declare the Father's faithfulness and salvation, His lovingkindness / covenant faithfulness and truth. And this section shows that Jesus' declaration is based on experience, not mere intellectual ideas or conjecture.

God the Father and God the Son and God the Holy Spirit had a covenant concerning this universe and what would happen and Who would do what from before the universe was created. And yet the sins of the world were so great, and the experience of being unholy so horrifying, that Jesus, while on the cross, as is true of any human desperate for a gift of compassion, thought that the Father might use some reason to not keep the covenant with Jesus and therefore not follow the principle of mercies that Jesus so desperately needed at that time.

Jesus admits His need for help. Almighty God is showing humility. Almighty God is showing need. Almighty God is showing limitation (evidently voluntary due to taking on humanity).

But God the Father came through for Jesus just as Jesus was asking Him to do. God the Father showed compassions to Jesus. The covenant that the Father and Jesus had formed in eternity past held firm even with Jesus having the sins of all us in Him altering His very being; and truth- God's lifestyle principles- continued to be applied to their relationship, which meant that mercies were available from the Father to Jesus, which in turn meant salvation- deliverance from the results of all that sin, deliverance from Hell and from separation from the Father- happened. (Jesus received the mercies, which He passed on to us, so our sins were dealt with, which left Jesus with NO sin. Jesus gained- was saved- by the mercies as we were.)

Due to His compassions, the Father's covenant commitment and commitment to living by the truth guarded Jesus from destruction in Hell and from spending eternity there separated from the Father and the Holy Spirit.

The Father showed compassion because Jesus had trusted Him, based on the principle that if you trust the Father, He will bless you (verse 4).

Jesus needed mercies. He was desperate (see the next 2 verses). Our sins made Him impure- an intolerable situation for Him. Even more horrifying was that He is responsible for dealing with our sins (He is God our Savior (Titus 2:13)), and without the Father's mercies it appears He would have our sin IN Him forever. Jesus was not free to destroy us, or wash His hands of us by putting us in Hell (like He does with nonChristians) (John 17:2-4). The Father's mercies were needed to deal with our sins, both in forgiving sins done and in transforming us so we no longer sin- which would also end Jesus having any sin any longer since that is the only sin He has. Jesus was not free to do the things of mercies Himself, or He would not have had to ask for it.

**40:12: *"For innumerable evils have surrounded me: my iniquities have taken hold on me, so that I am not able to look up; they are more than the hairs of my head: therefore my heart fails me."***

*The extreme reason for the extreme need for the blessing of the universal principle since Jesus had shown trust in God*

Jesus was overwhelmed with sin. A vast incomprehensible number of sins became His. He took all the guilt, all the punishment, all the ownership of every single sin done by every single person ever to live. They filled Him, and filled Him with shame to the point He could not stand to look up toward the Holy Father in Heaven. His heart was not working well, not just because He was on the cross but because of the enormity of having all that sinfulness as His own- and He had been totally sinless till then, both in eternity and on Earth.

**40:13: *"Be pleased, O LORD, to deliver me: O LORD, make haste to help me."***

*The extreme need for the blessing of the universal principle since Jesus had shown trust in God*

In other words, HELLLPP! Too much to handle. Jesus was under limits as the GodMAN (Philippians 2:5-9). Jesus couldn't deal with the sins of others on the basis of how good He was. His holy actions only applied to Himself (Luke 17:7-10). He could not apply their effects to others. Jesus could not just deal with our sins Himself.

So Jesus appealed to the compassions of the Father to deal with the problem. Evidently He couldn't demand help based on the covenant relationship He had with the Father, so He had to ask for help. All the sin putting Him in violation of that covenant might be one reason. Another reason might be that the route to getting help via the universal principle of *God blesses those who trust Him* was specified in the covenant relationship He has with the Father. And asking did not have a guarantee of receiving. That is why Jesus included the words, "Be pleased". Jesus could only ask, basing His hopes for HELLLPP on the lifestyle principles God lives by, which include the universal principle that one-trusting-God-will-receive-blessing, which blessing in turn may include mercies.

Jesus sought deliverance, this is the blessing Jesus requested, and that wouldn't happen without the mercies of the Father, so Jesus who is God needed mercies. And He wanted it now. Just like any human does. Especially when the pain is great.

In summary:

Jesus had become sin. (See the discussion on 2 Corinthians 5:21 above.)

Jesus knew God deals with sins by granting mercies.

Jesus trusted God.

Jesus wanted the mercies to be applied to His life that can come from the application of the universal principle that one-trusting-God-will-receive-blessing.

HELLLPP!! Now, please!

Enduring this sinfulness, in Himself, as part of His 100% holy self, this tormented Jesus. No wonder Jesus cried out, "My God, My God, why have you abandoned Me?" (Psalm 22:1). Jesus waited. He felt abandoned during all the waiting. The waiting wore on Jesus while all that sin infected Him and altered His very being in an unacceptable way. It took 3 hours on the cross for the waiting to come to an end for Jesus. That seems a short period of time, but the agony was excruciating. Infinite God excruciating. Total filth in an infinite eternal holy being excruciating.

Why did God the Father wait to show mercies? Why did Jesus have to wait to get mercies? Why did Jesus have to wait before He could say, ***"I waited patiently for the LORD; and he inclined toward me, and heard my cry."*** Why did Jesus have to wait before the Father showed mercies? "And we know that all things work together for good to them that love God, to them who are the called according to his purpose" (Romans 8:28). The underlying principle applies here. It was good for us, it was good for Jesus, for the Father to wait. At the very least now everyone knows Jesus waited. Everyone knows Jesus was patient. Everyone knows Jesus trusted God the Father. Absolutely trusted Him. The Father gets glory. Jesus gets glory.

**40:14: *"Let them be ashamed and confounded together that seek after my soul to destroy it; let them be driven backward and put to shame that wish me evil."***

*Jesus' negative reaction to those who want Him harmed rather than blessed while He is most feeling the need of the blessing- while He is on the cross on their behalf*

Jesus hadn't done the wrongs. He had just taken ownership of the wrongs so He could help the ones who had done them. And what do those people do? They oppose Jesus. They seek His harm. They want to kill Him. They want to destroy Him totally. And again we see the true human reaction of Jesus. He wants them put in their place. He wants them dealt with by the Father. He wants them to end up ashamed and unable to pursue their plans and to even end up having their pleasant situation reversed.

Jesus needs help. These people are doing the opposite. They refuse to help, even if they could. They are making the situation worse. Jesus' reaction, a totally human one, is to want them to have their evil dumped right back on them.

Jesus was dying for the sins of the world. But it is the Father's choice of whom He will bring to salvation. Jesus was expressing His plain obvious request that these particular people not be brought into relationship with God. Those people had made their choice. Jesus wanted them to have to live with it, forever.

(On the cross Jesus made the statement, "Father, forgive them." This statement applied to people who watched and even took part in crucifying Him, but they had no personal evil intent toward Him. This statement did not apply to people who had evil intent toward Him, and showed it in their actions that day.)

**40:15: *"Let them be desolate for a reward of their shame who say to me, Aha, aha."***

People were degrading Jesus, mocking Him, saying bad things about and to Him. They were putting themselves forward as good and Jesus as nothing. Jesus wanted them to end up with the nothing they considered Jesus worthy of. He wanted them to be the nothing they were making Him out to be. Jesus was experiencing being nothing on the cross. He did not appreciate the ones He was doing it for wrongly treating Him as though He was doing nothing good for them at the moment.

**40:16: *"Let all those who seek you rejoice and be glad in you: let such as love your salvation say continually, The LORD be magnified."***

*Jesus' positive reaction to people who really want a relationship with God, who are enthusiastic about God's mercies and blessing, that is, salvation*

In contrast to the people Jesus wanted to not deliver, He wants everyone who wants to have a relationship with the Father and are willing to find out how God makes it available and enter the relationship on that basis, to rejoice, to be glad in the relationship. These people will be totally pleased with the deliverance God provides and the way it is provided. They will constantly be telling about how magnificent God is, and be encouraging others to do so. This is the way Jesus wanted it to be while He was on the cross going through the agony of delivering us from our selves and our sins. Jesus was delivering us, and He wants people to come to God and to be glad in God. Jesus wants people who need salvation to come-'n-get-it God's way and to be extremely happy about knowing God the Father and enthusiastic about God the Father Who provided it. (The Father did provide the salvation. He provided Jesus, and He provided Jesus with the guidance and motivation and enabling to do the hard work of delivering us from our sins and sinfulness.)

(As is so often true, the Holy Spirit is not mentioned. He stays in the background. He undoubtedly is also gaining glory.)

**40:17: *"But I am poor and needy; yet the Lord thinks about me: you are my help and my deliverer; do not tarry, O my God."***

*Jesus' inadequacy, trust in God, hope in God, and request of God*

Jesus returns to His own predicament. He is a nothing. There is no reason to consider Him worthy of anything. He has needs He cannot meet. But... But... But God the Father thinks about Him. God the Father has not forgotten Jesus. That means there is hope of getting out of the inescapable predicament. God the Father operates on the basis of mercies. Mercies in this case would mean the Father would give Jesus deliverance from the effects of having all the sins in Himself. The Father would change things in some way so Jesus was no longer under the effects of all those sins. In fact the sins will be gone. Vanished. Permanently. And, like any human being, Jesus wants that to happen NOW.

This verse pulls together several verses in this Psalm. "Poor and needy" goes with verses 11-13. "Yet the Lord thinks about me" goes with verse 5. "You are my help and my deliverer" goes with verses 1-2. "Do not tarry" goes with verse 13. "O my God" goes with verses 6-10. It all adds up to trusting the truth of verse 4: ***"Blessed is the man who makes the LORD his trust."***

Sounds odd, doesn't it? Almighty God needed mercies. Sinless Almighty God needed mercies. God who makes the rules any way He wants to needed mercies. We go to Jesus to get mercies. We don't think of Him getting them. We never even imagine Him needing them. Thank God Jesus put Himself in the position of needing mercies or we would all be going to Hell. Thank Jesus for what He did for you.

Jesus needed mercies. Jesus needed salvation. And when He received it He made a huge deal of it before everyone.

God Almighty got to experience receiving mercies. And all of God's creatures get to see how incredibly merciful God is.

It is not about you, and it is not about me.

Psalm 40 is all about Jesus. It is about Him receiving mercies, and what happens because of that. And it is about angels and us learning more about what God is like, now and in eternity.



*Part One***The Day Jesus Received Mercies****Mercies N Angels 1****Psalm 40: The story**

Adapted from Psalm 40

God the Father, God the Son, and God the Holy Spirit are in a meeting. Everyone knows something really really big is going to happen.

We are all summoned. A new auditorium. It is called a universe. One moment it wasn't there, then it was. God spent 6 days setting it up. And here we are in it. It has trillions and trillions of seats. It measures over 13 billion light years across. And in the middle is The Stage. It isn't very big, really. A blue and white planet with some land masses on it. It is easily visible.

We have all been wanting to learn more about God. And it starts.

Time passes. We learn things about the majesty of God. He is magnificent.

Time passes.

Time for the Big Event. The Biggest Learning is about to take place. We all watch eagerly.

A baby is born. We have been watching people for 4,000 years. We know the Old Testament inside and out. And we missed this altogether. A baby is born. God in the flesh. Jesus. One of the Trinity, God the Son, is that baby. Infinite God became a human. Wow.

He grows up.

Jesus is speaking. "Then I said, Lo, I come: in the volume of the book it is written of me, I delight to do your will, O my God: yes, your law is within my heart."

We delight to watch Jesus. Unlike the other people, He never sins. He never does wrong. He is perfect to watch. We learn a lot about what God is like as we watch Him.

"Let them be ashamed and confounded together that seek after my soul to destroy it; let them be driven backward and put to shame that wish me evil." Oh, Wow. Jesus has been teaching about God. And now some of the people are going to kill Him? God is going to allow this? It is part of God's will for Jesus? Why?

It's happening! It can't be! "Therefore my heart fails me." Jesus is hanging on the cross! He is in agony. His heart is having trouble. His bones are pulling apart. Those nails in his hands and feet. We can't look.

"Let them be desolate for a reward of their shame who say to me, 'Aha, Aha!'" I agree! I agree! How dare they kill Jesus? I sneak some peeks to see how Jesus is doing. Why doesn't God the Father help Him? Why doesn't Jesus ask for help?

Wait. Wait. It's dark in here. Where did all the light go? "My iniquities have taken hold upon me, so that I am not able to look up; they are more than the hairs of my head." God the Father can't stand to see sin. Jesus just became sin. He took every sin of every person who ever lived into Himself. It altered the very being of the Son of God, of Jesus. And God can't look at sin. So He turned off all the light.

"Withhold not your tender mercies from me, O LORD: let your lovingkindness and your truth continually preserve me." "Be pleased, O LORD, to deliver me: O LORD, make haste to help me." Jesus is calling out for help! Who can help Him? Who would want to help Him? He is so full of sin. He is infinite God, but there is... He is... He IS sin. We can't help Him. All of us combined couldn't deal with just one of those sins. No one can help Him. He is calling out, asking why the Father abandoned Him. The Father can't even stand to look at Him. There is no one to help Him.

Hey, the lights just came back on! And Jesus is still on the cross. We can see Him plain as day. And He is saying everything is finished. And then He dies. What happened?

Silence so great not a single supernova can be heard. I just realized I'm holding my breath in anticipation.

"And he has put a new song in my mouth, even praise unto our God." He's back? He's Alive! Jesus is speaking to all of us.

"I have declared your faithfulness and your salvation." Mercies happened!

"I waited patiently for the LORD; and he inclined unto me, and heard my cry. He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings." God the Father showed Jesus mercies for every one of those sins! Incredible! God the Father helped Jesus!

As we leave the auditorium we all have a much deeper insight into what God is like.

May you enjoy the Mercies God has given you.

*Part One***The Day Jesus Received Mercies****Psalm 40: The workbook**

We are going to work through a fascinating chapter of the Bible, Psalm #40. I will guide you through some of the ideas King David presents. Whether you accept what God says and what God offers is up to you. We will see the extremes Jesus went through to bring more glory to God the Father. We will see the very human thoughts He had as He went through them, His reasons for going through them, His requests of the Father, and His reactions to receiving mercies. And we will see how the principles Jesus lived by fit us.

Remember, Psalm 40 is all about Jesus. The principles that guided Him should also guide us. Jesus was fully human, and lived as a human should live. The Psalm is not about us, but the principles are for us, too.

For this section, the questions go with the verses.

**40:1:** Do you wait patiently for God to act?

Do you wait long enough for God to act?

Do you wait when it hurts to wait?

Do you wait even though you might be able to take care of the problem yourself?

Do you think you must be sinless to get God's help, or do you ask for help in spite of sin in you?

Jesus waits for you to be changed by God's mercies. Do you wait patiently for God's mercies to change others? To change You?

Who can you not stand? What are you going to do today to help that person? How are you going to show compassion and commitment? Mercies? Waiting? This one is tough.

Have you confessed your sinfulness to God and committed to His changing you? God's mercies part 1 arrives.

Are you open to, and actively pursuing by prayer and Bible study and spending time with other Christians, living life the way God wants you to? Are you becoming more holy? God's mercies part 2 is operating.

Jesus' life – your life – mingled. Holiness – and temporary unholiness – mingled. You wait for holiness and get credit for holy acts you will do later as Jesus moves you further into holiness. Jesus already did the waiting and shares in the credit for your full holiness now. Jesus depends on you for the shared holiness. Are you waiting, trusting God to give you that holiness?

**40:2:** Do you expect God to give you a delightful future?

In spite of your sins?

What future do you look forward to?

**40:3:** What has been your reaction to God doing you a big favor?

Do you tell the story of when God has helped you?

How do people react?

What do you think of the idea of God having a new experience?

Jesus was forgiven for your sins. And ended up blessed. What does that mean might happen to you?

**40:4:** Are there times when you do things, trusting God, without really expecting anything in return, simply because you know it will please God?

When times are tough, and can get tougher if you do things God's way rather than ways people suggest and even insist on, do you choose God's way or their way?

Are you trusting God to bring you to full holiness?

Are you willing to take a risk on God?

**40:5:** Do you see any evidence that God constantly thinks about you?

Are you looking for any evidence that God constantly thinks about you?

Do you see any evidence that God has forgiven you?

Do you see any evidence that God is changing you?

**40:6:** There are different types of Christians. And different tasks God gives us. What kind of work does God not want you doing for Him?

Do you listen to God for what He does not want you to do as well as for what He does want you to do?

How?

**40:7:** What kind of work does God want you doing for Him?

How do you know?

Are you willing to do it at great sacrifice to yourself? Loss of family? Of home? Of freedom?  
Of income?

How much detail do you have on what God wants you to do? How much detail do you need?

**40:8:** Do you delight to do God's work? Even when it is costly in some way?

God's lifestyle principles: be sacrificially committed to the well-being of others, the fruit of the Spirit of Galatians 5:22-23, generosity. What do you do to have these guide you more? Bible reading? Memorizing? In depth study?

Are you sure you have rewards coming for the things you are doing now?

**40:9:** Do you think about angels watching you to learn about God?

Who do you tell about what God has done for you? When? Is it a delight?

What is your biggest goal for your life?

How does this compare to Jesus' biggest goal?

**40:10:** Have you ever tried to claim the glory for something you know God did?

Has God kept His promises to you?

Does God live up to His own standards of caring and generosity and mercy when dealing with you?

Have you noticed a difference in your feelings when you hear about God doing something versus when you experience it?

Have you noticed a difference in your knowledge about what God is like when you have experienced God doing something for you?

**40:11:** Are you seeking mercies?

Do you have a covenant relationship with God? You do if you are a Christian who has confessed your sins to God and expressed a desire to be in a relationship with Him.

Have you had experiences that show you have a relationship with God?

Are you expecting God to live by His principles in the way He treats you, including the principles of caring and mercies?

Does the horror of your sin make you crave mercies?

**40:12:** Have you taken ownership of your sins?

Have you thanked Jesus for taking ownership of your sins and dealing with them?

**40:13:** Have you yelled HELLLPP! to God concerning your sins?

Have you taken into consideration the infinite depth of even a single sin?

What do you think of God needing mercies?

What do you think of God needing mercies due to you?

How well do you think Jesus understands your desires for mercies?

Have you thanked Jesus for going through this for you?

**40:14:** What is your reaction to Jesus not wanting to help people who wished Him harm at this time?

Is this reaction what you would expect of a person?

Is this the reaction you expected of Jesus? Why?

**40:15:**

**40:16:** Does this verse describe you?

Are you ready to start telling people about what Jesus did for you? Do you already do it?

Jesus did His talking in front of the "great congregation". What do you think about the idea that angels are watching you to learn about God, and want to hear from you?

Have you thought about Jesus thinking about you, little you, while He was on the cross?

**40:17:** Do you remember who is your help and deliverer when you are in need?

What attitude do you have when you ask for help?

**Conclusion:** Do you accept that Almighty God needed mercies? Salvation?

How does this affect your relationship with God?

How does this affect your relationship with others?

How does this affect your life?

## The Gift



**Jesus in my heart makes me valuable**

You can be a:

**ValuableMe- I am a bonafide headed-to-Heaven purpose-loaded person  
God is delighted to see.**

I help you be one.

**I help you see you the way God sees you and see how to improve  
so He sees you with delight**



## About the author

I write for people who want to feel significant. I help you discover why you exist, why you suffer, just how much God WANTS You in a relationship with Him, what Jesus did and is doing so you get God's mercies (this is personally important to Jesus). Jesus N Me, Jesus N Mercies, Mercies N Me- this is all planned by God so you can be truly significant.

I'm a writer. I write. I've been mad at God when He gave me info belatedly, forcing me to rewrite. I've delayed on some projects and God has had to nudge me along. Mostly I just DO IT! I write. Theology, commentaries, Bible-teaching novels- I write. Writing is hard. It is frustrating. It is fun. It is my hobby. I write. I did finally have to tell God there is no sense writing if there are no readers. So now I have a little time for promoting, too.

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