

Blessed

Psalm 40

[This is a little longer psalm, so as usual with the longer psalms, rather than including the entirety of it here, I encourage you to read it before continuing on with this devotion.]

Blessed is the man who makes the Lord his trust.

Not *happy* is the man . . .
Not *successful* is the man . . .
Not *wealthy* is the man . . .
Not *healthy* is the man . . .
Not *powerful* is the man . . .
Not *popular* is the man . . .
Not *admired* is the man . . .
Not *secure* is the man . . .
Not _____ is the man . . .

(You fill in the blank!)

***Blessed* is the man who makes the Lord his trust.**

I think all of us want to be blessed, but perhaps we don't always know what that means. The word appears some 300 times in the Bible (depending on which translation you are using), so clearly it is an important word.

But as with so many things of God, to be blessed is not something you may see or feel, but that doesn't make it not so. You are blessed if God says you are blessed. And if God says you are blessed, it is because He makes it so.

Many people might think that to be blessed means to receiving blessings. And by blessings they mean good things in their life (according to what they think is good). So if you've received many good things, you're blessed! But the

Scriptures tells us that God send blessings even on those who do not believe. He is good and generous to all. It is not just believers who have families, long lives, good jobs, wealth, and whatever else is associated with what people think it means to be blessed.

So what does it mean?

David, who wrote this Psalm, talks about having lots of troubles in his life. In this psalm alone he mentions the “pit of destruction,” of “evils that have encompassed him,” “iniquities that have overtaken him,” and that he is “poor and needy.” That doesn’t sound like blessed!

Truth is, no one’s life is going to be all sunshine and rainbows. There is sin and evil in this world. It comes upon us from others, and it comes out of us! There will be hurt, sorrow, upset, challenges. That’s reality. Our reality.

But into this reality came *the blessed One*. The one from whom all blessings flow. The book of Hebrews (chapter 10) quotes this psalm as talking about Jesus, that while it is true of David, it is about more than David. Jesus is the one who is *written of “in the scroll of the book”* (the Old Testament). Jesus is the one *who delights to do God’s will*. Jesus is the one who came to deliver us from all the sin and evil in this world as the blessed one who came to be the cursed one for us on the cross. But by taking our curse, bearing it in our place, He makes us blessed. Blessed when we are in Him. Blessed not because we have everything we want in this life, but because we have the promise of everlasting life.

This blessing comes to us by faith alone. That is why ***Blessed is the man who makes the Lord his trust***. Or, we could say, Blessed is the man who puts his faith in the Lord. Same thing. We are blessed for we are not on our own. We are blessed for we have the Word and promises of God. We are blessed for we have the forgiveness of our sins, that is, our sins are not going to determine our future, Jesus is! And we are blessed for in Jesus, with Jesus, because of Jesus, death will not be our end - life will be. Life eternal. What

happens to us here and now are but light and momentary bounties or afflictions. That is not to make light of them, but to put them in perspective.

In Christ Jesus, we have the greatest gift and blessing of all. And like David, that can get us through good times and bad times, when we keep our eyes and faith focused on Him.

Lord Jesus, help me to believe and trust Your Word, that in You, I am blessed. I may not see that blessing or feel it. Others may seem more blessed than me! But You have said it, so I know it is true. Strengthen me when I doubt, and protect me from all that seeks to pull me away from You. Especially keep my eyes and faith focused on You and Your cross, for there I see how much You love me, how much You do for me, and my curse taken away from me, so that now, for me, there is only blessing in You. Blessing that I have now and will have forever. Amen.