

PSALM 40

Unix Diza ■ Grace Bible Church ■ November 30, 2025

At its core, _____ for the Lord
is a regular rhythm of _____
in who God is and _____ of
what He's done

1. _____
(v. 1-11)

2. _____
(v. 12)

3. _____
(v. 13-17)

Psalm 40

I waited patiently for the Lord; he inclined to me and heard my cry. ² 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. ³ 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. ⁴ 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! ⁵ 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. ⁶ 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. ⁷ Then I said, "Behold, I have come; in the scroll of the book it is written of me: ⁸ I delight to do your will, O my God; your law is within my heart." ⁹ I have told the glad news of deliverance in the great congregation; behold, I have not restrained my lips, as you know, O LORD. ¹⁰ I have not hidden your deliverance within my heart; I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation. ¹¹ 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. ¹³ 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! ¹⁵ Let those be appalled because of their shame who say to me, "Aha, Aha!" ¹⁶ But may all who seek you rejoice and be glad in you; may those who love your salvation say continually, "Great is the Lord!" ¹⁷ 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!

DISCUSSION QUESTIONS

These questions are for further study and application of today's text of Scripture. Thoughtfully writing out the answers to these questions will help to drive home the point of today's study. One of the best ways to grow as a disciple is by discussing these types of questions in a small group. Find a small group here: gracebiblecw.com/lifegroup or ask someone next to you if you can join their group!

- 1) Mark Vroegop defined waiting as: "living on what I know to be true about God when I don't know what's true about my life." How have you previously defined waiting, and how does a biblical definition help to reframe the way you think about seasons of waiting?
- 2) While the psalmist was waiting, he testified of who God is and what He has done. What are some attributes of God's character you are thankful for or areas in which God has been faithful to you recently? Write down a few of these and seek to regularly remind yourself of those things as you go throughout your week.
- 3) While the psalmist was waiting, he had a right view of his current situation that began with an acknowledgement of his own sinfulness and need for God. In community, spend time this week confessing your sin against God and declaring your daily need for Him. This can be done in your LifeGroup, as a family, or with a trusted brother or sister in Christ.
- 4) While the psalmist was waiting, he took time to pray. Spend some time this week crying out to the Lord in prayer - both for yourself and for others. As you do so, be sure to root your prayer in the two guardrails established by Psalm 40. First, testify of who God is and what he has done. Second, confess your sin and acknowledge your need for God in every aspect of life.