



STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms

WEEK 5
STRENGTH FOR THE WAITING SEASON



First Baptist Church of Rancho Cucamonga

7450 Archibald Avenue

Rancho Cucamonga, California 91730-1403

909.987.3676 | www.fbcfamily.net

bw1@fbcfamily.net



☐ Day 1	Psalm 1:1-3	☐ Day 21	Psalm 40:1-3
☐ Day 2	Psalm 139:1-6	☐ Day 22	Psalm 27:11-14
☐ Day 3	Psalm 91:1-3	☐ Day 23	Psalm 46:8-11
☐ Day 4	Psalm 93:1-5	☐ Day 24	Psalm 62:1-2, 5-8
☐ Day 5	Psalm 133:1-3	☐ Day 25	Psalm 32:5-7
☐ Day 6	Psalm 23:1-6	☐ Day 26	Psalm 22:1-3
☐ Day 7	Psalm 27:1-5	☐ Day 27	Psalm 22:6-8
☐ Day 8	Psalm 32:1-2	☐ Day 28	Psalm 22:19-22
☐ Day 9	Psalm 37:3-6	☐ Day 29	Psalm 63:1, 5-8
☐ Day 10	Psalm 37:25-28	☐ Day 30	Psalm 107:33-35
☐ Day 11	Psalm 62:1-2	☐ Day 31	Psalm 147:3-6
☐ Day 12	Psalm 128:1-4	☐ Day 32	Psalm 116:1-5, 15
☐ Day 13	Psalm 18:3-6	☐ Day 33	Psalm 89:46-48
☐ Day 14	Psalm 127:1-5	☐ Day 34	Psalm 73:21-26
☐ Day 15	Psalm 18:25-29	☐ Day 35	Psalm 34:17-18
☐ Day 16	Psalm 94:16-19	☐ Day 36	Psalm 107:1-2
☐ Day 17	Psalm 13:5	☐ Day 37	Psalm 34:1-3
☐ Day 18	Psalm 46:1-3	☐ Day 38	Psalm 103:1-5
☐ Day 19	Psalm 139:7-12	☐ Day 39	Psalm 20:7
☐ Day 20	Psalm 139:13-18	☐ Day 40	Psalm 107:43



Prayer Log

Requests

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Answers

[illegible]

DAY 21:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 40:1-3 and The Devotional Thought

Psalm 40:1-3 (NLT)

¹ *"I waited patiently for the LORD to help me, and he turned to me and heard my cry. ² He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. ³ He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD."*

Psalm 40:1-3 (NIV)

¹ *"I waited patiently for the LORD; he turned to me and heard my cry. ² He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. ³ He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the LORD."*

Psalm 40:1-3 (ESV)

¹ *"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."*

Devotional Thought

God speaks to you so that you might know Him better. God says – "I'll speak to you, I'll reveal myself to you so you might know Me better." God's desire in talking to you and allowing you to connect with Him, is so that you might know Him better. The result of knowing God better is that you become more like God's Son, Jesus Christ. That is the goal of the Christian life.

As we listen to God, as we come to know God better, this moves us forward in this connection with God so that we can, indeed, become more like Jesus. The purpose of prayer is not that God might know you better. God already knows you better than you know yourself. God knows your makeup. God knows your very being. God knows the very essence of who you are. God knows you and He loves you. Does that mean that God knows my darkest sin? Yes, it does. Does it mean that He knows my deepest fears? Yes. Does He know my greatest hope? Exactly. Does He know my surest passion? Of course. God already knows all of this about you.

So, why should I even try to know God better? If prayer is about knowing God better, what does that really do for me? There are very practical benefits of knowing God better. Knowing God better draws you deeper into the lifestyle Jesus calls the abundant life. The more you know God, the more significance your life is going to have. The more you know God, the better you will understand the direction for your life. The more you know God, the better able you will be to lift your requests to Him. You'll be better able to pray for yourself and for others. All of this comes to you by knowing God better. So, if we want to know God, we have to learn to be still. We have to learn to let God speak. We have to learn to listen. We have to wait patiently for the Lord.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

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Request: Based on what you have learned today, write out a prayer to God.

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DAY 22:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 27:11-14 and The Devotional Thought

Psalm 27:11-14 (NLT)

¹¹ “Teach me how to live, O LORD. Lead me along the right path, for my enemies are waiting for me. ¹² Do not let me fall into their hands. For they accuse me of things I’ve never done; with every breath they threaten me with violence. ¹³ Yet I am confident I will see the LORD’s goodness while I am here in the land of the living. ¹⁴ Wait patiently for the LORD. Be brave and courageous. Yes, wait patiently for the LORD.”

Psalm 27:11-14 (NIV)

¹¹ “Teach me your way, O LORD; lead me in a straight path because of my oppressors. ¹² Do not turn me over to the desire of my foes, for false witnesses rise up against me, breathing out violence. ¹³ I am still confident of this: I will see the goodness of the LORD in the land of the living. ¹⁴ Wait for the LORD; be strong and take heart and wait for the LORD.”

Psalm 27:11-14 (ESV)

¹¹ “Teach me your way, O LORD, and lead me on a level path because of my enemies. ¹² Give me not up to the will of my adversaries; for false witnesses have risen against me, and they breathe out violence. ¹³ I believe that I shall look upon the goodness of the LORD in the land of the living! ¹⁴ Wait for the LORD; be strong, and let your heart take courage; wait for the LORD!”

Devotional Thought

Before we can move beyond being average Christians, we have to master the fundamentals of the faith. If we do not internalize core truths, instead of being exceptional, we will be stuck in mediocrity. You need to be prepared to stretch yourself if you want to move from mediocre to exceptional. Sometimes for God to teach us and lead us we need to wait patiently for Him.

The truth is, God is involved in and cares about our daily lives. He exists beyond time and space. He is both powerful and personal. The same God who created the stars and assigned each of them a name, knows when your heart is broken. He knows when you are struggling. He knows when you are surrounded by enemies. He knows how you feel and His heart breaks with yours. He cares and He wants to heal your heart.

When we wait on the Lord, we take the time to remember that no problem is too big for Him. Nothing will overwhelm Him. At the same time, understand that no problem is too small for God. We think that God will not care about a little problem. It is too small or even too stupid or too silly to bring to Him. Whether it is big or small, bring it to God. He will intervene on your behalf.

Remember, God loves you no matter what. No matter how many times you have failed, no matter who you have let down. No matter what you say or what you do or how many times you let God down. Because God’s love for us is not based on our character. It is based on the character and nature of God. God’s love is based on the fact that God is love.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

Record: Your thoughts, impressions, things to remember, & an application statement.

Request: Based on what you have learned today, write out a prayer to God.



Day 23:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 46:8-11 and The Devotional Thought

Psalm 46:8-11 (NLT)

⁸ “Come, see the glorious works of the LORD: See how he brings destruction upon the world. ⁹ He causes wars to end throughout the earth. He breaks the bow and snaps the spear; he burns the shields with fire. ¹⁰ ‘Be still, and know that I am God! I will be honored by every nation. I will be honored throughout the world.’ ¹¹ The LORD of Heaven’s Armies is here among us; the God of Israel is our fortress.”

Psalm 46:8-11 (NIV)

⁸ “Come and see the works of the LORD, the desolations he has brought on the earth. ⁹ He makes wars cease to the ends of the earth; he breaks the bow and shatters the spear, he burns the shields with fire. ¹⁰ ‘Be still, and know that I am God; I will be exalted among the nations, I will be exalted in the earth.’ ¹¹ The LORD Almighty is with us; the God of Jacob is our fortress.”

Psalm 46:8-11 (ESV)

⁸ “Come, behold the works of the LORD, how he has brought desolations on the earth. ⁹ He makes wars cease to the end of the earth; he breaks the bow and shatters the spear; he burns the chariots with fire. ¹⁰ ‘Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth!’ ¹¹ The LORD of hosts is with us; the God of Jacob is our fortress.”

Devotional Thought

In Matthew 6:33 (NIV) it says, “But seek first his kingdom and his righteousness, and all these things will be given to you as well.” We talk a lot about living a life of purpose. We talk a lot about living our lives with direction, not just drifting through life. But we need God’s power in order to focus. In 2 Thessalonians 1:11 (NCV) it says, “We always pray for you, asking our God to help you live the kind of life he called you to live. We pray that with his power God will help you do the good things you want and perform the works that come from your faith.” There is nothing more powerful than a focused life. The more your life is focused the more your life will be fulfilled, effective, and the more your life will be used by God.

When we live a scattered kind of life, our energy and our lives are diffused. When we focus – this one thing I do – it has enormous power. God uses focused people. A focused life is like a laser. If you take light diffused it does not have that much effect. But when you focus light, it becomes very powerful.

The same is true with your life. Your life, if it is directionless, if you just drift through life without any direction, you will not have much impact. But if you focus your life and you know where you are headed, then you will have an effect on the world and an effect in your own life. The process begins when you “Be still, and know that I am God.” Take the time to ask yourself, where am I spiritually? Where am I physically? Where am I financially? Where am I emotionally and relationally? A second question is, what needs to change in my life?

Reflect: Focus your thoughts on what God has revealed to you through your reading.

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Request: Based on what you have learned today, write out a prayer to God.

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Day 24:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 62:1-2, 5-8 and The Devotional Thought

Psalm 62:1-2, 5-8 (NLT)

¹ “I wait quietly before God, for my victory comes from him. ² He alone is my rock and my salvation, my fortress where I will never be shaken. ... ⁵ Let all that I am wait quietly before God, for my hope is in him. ⁶ He alone is my rock and my salvation, my fortress where I will not be shaken. ⁷ My victory and honor come from God alone. He is my refuge, a rock where no enemy can reach me. ⁸ O my people, trust in him at all times. Pour out your heart to him, for God is our refuge.”

Psalm 62:1-2, 5-8 (NIV)

¹ “My soul finds rest in God alone; my salvation comes from him. ² He alone is my rock and my salvation; he is my fortress, I will never be shaken. ... ⁵ Find rest, O my soul, in God alone; my hope comes from him. ⁶ He alone is my rock and my salvation; he is my fortress, I will not be shaken. ⁷ My salvation and my honor depend on God; he is my mighty rock, my refuge. ⁸ Trust in him at all times, O people; pour out your hearts to him, for God is our refuge.”

Psalm 62:1-2 (ESV)

¹ “For God alone my soul waits in silence; from him comes my salvation. ² He alone is my rock and my salvation, my fortress; I shall not be greatly shaken. ... ⁵ For God alone, O my soul, wait in silence, for my hope is from him. ⁶ He only is my rock and my salvation, my fortress; I shall not be shaken. ⁷ On God rests my salvation and my glory; my mighty rock, my refuge is God. ⁸ Trust in him at all times, O people; pour out your heart before him; God is a refuge for us.”

Devotional Thought

When we face storms in life, our hope comes from God alone. The safest thing to do when you get in a storm is to drop your anchors. Put your roots down. The Bible says in Psalm 62 that God is our rock, our salvation, and our fortress. We will never be shaken. The typical reaction when people encounter a major crisis is they have a tendency to change everything else at the same time. What they need to do is put down anchors and get stability. The Bible provides three anchors of the soul.

The first anchor is the presence of God. Storms can never hide the face of God. You may not see Him but He sees you. The Bible promises, “I will never leave you or forsake you ... Lo, I am with you always ... I will send you a comforter.” God is with you. You never go through anything alone.

The second anchor is the purpose of God. Every Christian ought to have a sense of destiny, regardless of the circumstances of your birth. You are not here just to take up space. God makes a purpose and plan for every person. Storms are simply temporary setbacks in that purpose.

The third anchor is the promise of God. God keeps His promises! The presence of God, the purpose of God, and the promise of God. Storms cannot hide the face of God because God is with us. Storms cannot change the purpose of God because it is ultimate. Storms cannot destroy the child of God because of His promise. Let these truths stabilize your life and give you hope.

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Record: Your thoughts, impressions, things to remember, & an application statement.

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Day 25:

Relax: Focus on God speaking to you through His Word today.

☐ **Prayer**

Read: Psalm 32:5-7 and The Devotional Thought

Psalm 32:5-7 (NLT)

⁵ “Finally, I confessed all my sins to you and stopped trying to hide my guilt. I said to myself, ‘I will confess my rebellion to the LORD.’ And you forgave me! All my guilt is gone. ⁶ Therefore, let all the godly pray to you while there is still time, that they may not drown in the floodwaters of judgment. ⁷ For you are my hiding place; you protect me from trouble. You surround me with songs of victory.”

Psalm 32:5-7 (NIV)

⁵ “Then I acknowledged my sin to you and did not cover up my iniquity. I said, ‘I will confess my transgressions to the LORD’ – and you forgave the guilt of my sin. ⁶ Therefore let everyone who is godly pray to you while you may be found; surely when the mighty waters rise, they will not reach him. ⁷ You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.”

Psalm 32:5-7 (ESV)

⁵ “I acknowledged my sin to you, and I did not cover my iniquity; I said, ‘I will confess my transgressions to the LORD,’ and you forgave the iniquity of my sin. ⁶ Therefore let everyone who is godly offer prayer to you at a time when you may be found; surely in the rush of great waters, they shall not reach him. ⁷ You are a hiding place for me; you preserve me from trouble; you surround me with shouts of deliverance.”

Devotional Thought

When we humble ourselves, confess our sins, and stop trying to hide our guilt, the Bible says that God forgives us. He is our hiding place. He protects us from harm. When a king descends his throne to serve those he rules and risk his life, it is a great picture of the meaning of humility. That is what Jesus did for us. He stepped off his throne, humbled himself and became a man. In most kingdoms, the people offer their lives to save the king; Jesus offered his life to save people.

Humility has nothing to do with humiliation. It is not about maintaining a low self-esteem or having a lack of confidence. Jesus certainly did not suffer from low self-esteem. Yet he lived a life of complete humility. Many have come to view a humble Christian as a virtual doormat for others. In reality, a believer has a strong sense of self-worth and a secure position of identity as one who no longer feels the need to elevate the flesh or exalt personal pride.

The state of the heart is what determines our true place and position. With respect to our physical appearance, the word modesty speaks of not flaunting our features, to avoid revealing ourselves in such a way that makes others uncomfortable or invites the wrong attention. Think of humility as the modesty of the heart. We work to not flaunt who we are, or be revealing of our self in a way to make others uncomfortable or to invite the wrong attention to who we are. For the Christian, humility means life is not “all about me,” but rather all about God and others.

Reflect: Focus your thoughts on what God has revealed to you through your reading.

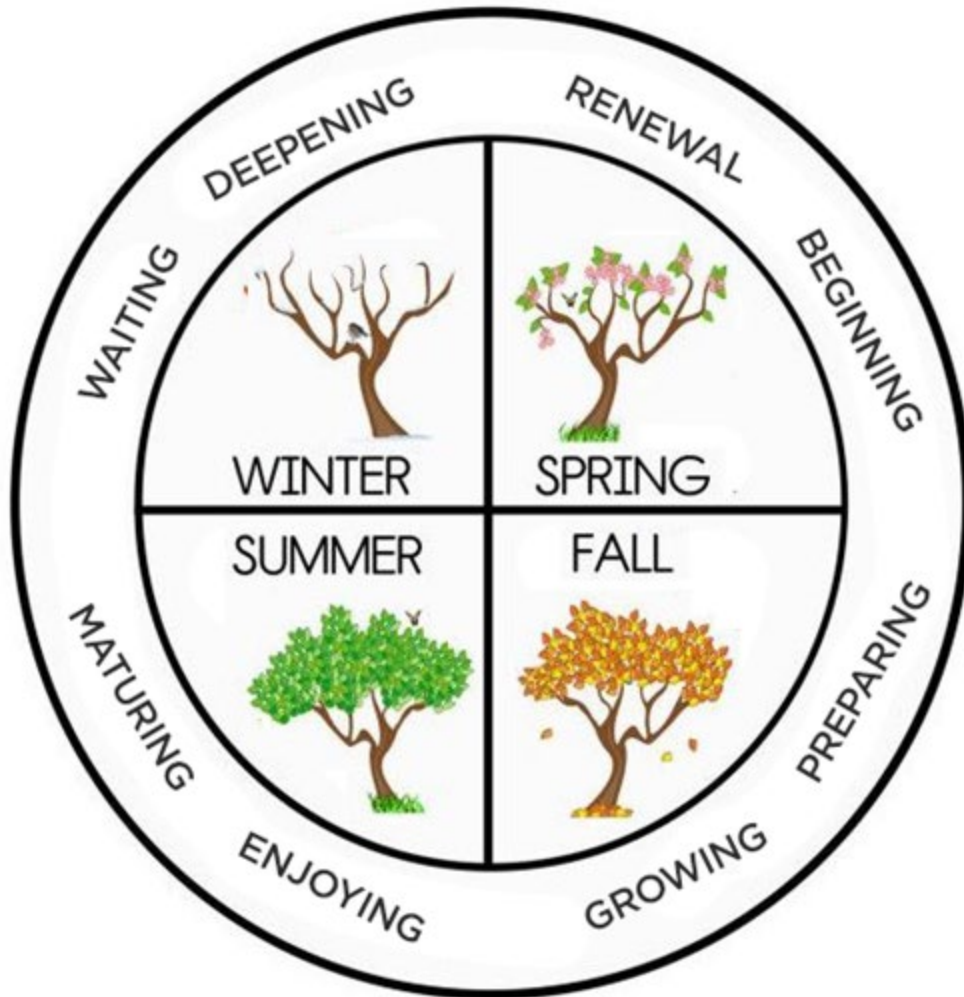
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THE SEASONS OF LIFE



STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms

FBC Growth Group Covenant

Congratulations on your desire to grow deeper in your relationship with God through this weekly study and the relationships that will begin as a result of your participation.

As a member of this group, you will be asked to enter into a covenant with the other group members. You are requested to make this Growth Group a priority; by making the following commitments:

- ☐ I will make this group a priority by attending each week (call if I'm going to be absent or late), keeping up with my assignments and participating openly in group discussion.
- ☐ I will regularly attend church services and contribute to the ministry of the church through my attendance, giving, service and inviting of others.
- ☐ I will strive to build authentic relationships with those in this group by showing care, providing encouragement and praying for their needs.
- ☐ I will avoid gossip (including, what happens in the group stays in the group) and immediately resolve any concerns by following the "conflict resolution" principles of Matthew 18:15-17.
- ☐ I will limit my freedom by not serving or consuming alcohol during growth group meetings or events so as to avoid causing a weaker brother or sister to stumble. (1 Cor. 8:1-13; Romans 14:19-21)
- ☐ I will serve with my group once a month during the semester and will participate in a mission project and play together with my group once.
- ☐ I will honestly explore my next steps for spiritual growth and give permission for other group members to speak God's truth into my life.

NAME (Signature)

DATE



APPLICATION QUESTIONS: S.P.E.A.K. T.O. M.E.

✓ **SIN TO CONFESS?**

Does the passage point out a sin that you are struggling with and that the Holy Spirit is challenging you to do something about? When you read the Bible, sometimes it is going to bring to your attention sin that is currently in your life that is hurting you or sin that could hurt.

✓ **PROMISE TO CLAIM?**

As you read, ask, is there a promise here that I have not seen that I need to claim for my own life? A promise that if I take hold of right now it is going to calm my fears or give me courage?

✓ **EXAMPLE TO FOLLOW?**

As I read this passage, is there someone there who is doing something godly or doing something courageous or doing something selfless that God is using to inspire me or to challenge me to do the same thing in my own life in a situation I am going through.

✓ **ATTITUDE TO CHANGE?**

Is God showing me an area where I need to change my attitude?

✓ **KNOWLEDGE TO EMBRACE?**

Is God showing a new truth, some new knowledge, that you never noticed before? Is he teaching you something that you need to accept as true? Are there godly principles laid out clearly or exemplified in a story?

✓ **THANKS TO GIVE?**

Did the Holy Spirit show you something that you need to give thanks for? Is there something he showed you in these previous questions that you need to thank God for that revelation?"

✓ **OCCASION TO PRAY?**

Is God prompting you to pray for something specific from your reading? Did he bring someone to mind as you were reading that you need to stop and pray for them? Do you need to ask God for strength or courage or patience or something that will help you apply his truth to your life?

✓ **MANDATE TO OBEY?**

Is there a clear mandate or command in the passage? God is saying, you need to do this or maybe the mandate is God saying, "Do not do this or stop doing this?" Is there a mandate to obey?

✓ **ERROR TO AVOID?**

Is the Holy Spirit showing you a danger area? Something that can trip you up? Is this an area of sin that might ruin your life? Look for warnings that the Bible gives you to avoid certain things.

Note: The foundation of spiritual growth is your understanding of God's Word. Each week, bring your Bible and your study guide to the group meeting.

CONNECT 15 minutes

1. Take a few moments to catch up on current events in your lives.
2. Share an insight or two from your devotional section of Strength for the Seasons of Life.

GROW 30 minutes

Waiting for God to help us is not easy. In Psalm 40, David received four benefits from waiting. First, God lifted him out of his despair. Second, God set his feet on solid ground. Then three, God steadied him as he walked. Finally, and fourth, God put a new song of praise in his mouth. It is true that often blessings cannot be received unless we go through the trial of waiting.

In Hebrew the doubling of a term conveys intensification and magnitude. In verse one, "*I waited patiently,*" is literally translated as "*I waited – waited.*" When you wait you watch every expression and gesture to discern the master's will. Waiting on God is to be busy serving God and others while accepting His wisdom and timing. Waiting can be long and excruciating. Waiting for God will change you from the inside out, as it did for David.

Do not hide God's righteousness.

Do not conceal God's love and faithfulness.

Speak of God's faithfulness and saving help.

Situations that require waiting on God will always return and so will the pressure. However, after waiting on God, we develop a deeper sense of God's grace to help us when we are under pressure.

To compare what I am with what God is gives me stability. Praying for God's glory gives me freedom and is the way to victory. The way to victory is the way of Jesus Christ.

GROUP DISCUSSION:

- ✓ What, to you, is the most vivid example of hypocrisy?
- ✓ When do you hate to wait?



 Read **Psalm 40:1-17** and interact with the following questions:

Psalm 40:1-17 (NLT)

¹ “I waited patiently for the LORD to help me, and he turned to me and heard my cry. ² He lifted me out of the pit of despair, out of the mud and the mire. He set my feet on solid ground and steadied me as I walked along. ³ He has given me a new song to sing, a hymn of praise to our God. Many will see what he has done and be amazed. They will put their trust in the LORD. ⁴ Oh, the joys of those who trust the LORD, who have no confidence in the proud or in those who worship idols. ⁵ O LORD my God, you have performed many wonders for us. Your plans for us are too numerous to list. You have no equal. If I tried to recite all your wonderful deeds, I would never come to the end of them. ⁶ You take no delight in sacrifices or offerings. Now that you have made me listen, I finally understand – you don’t require burnt offerings or sin offerings. ⁷ Then I said, ‘Look, I have come. As is written about me in the Scriptures: ⁸ I take joy in doing your will, my God, for your instructions are written on my heart.’ ⁹ I have told all your people about your justice. I have not been afraid to speak out, as you, O LORD, well know. ¹⁰ I have not kept the good news of your justice hidden in my heart; I have talked about your faithfulness and saving power. I have told everyone in the great assembly of your unfailing love and faithfulness. ¹¹ LORD, don’t hold back your tender mercies from me. Let your unfailing love and faithfulness always protect me. ¹² For troubles surround me – too many to count! My sins pile up so high I can’t see my way out. They outnumber the hairs on my head. I have lost all courage. ¹³ Please, LORD, rescue me! Come quickly, LORD, and help me. ¹⁴ May those who try to destroy me be humiliated and put to shame. May those who take delight in my trouble be turned back in disgrace. ¹⁵ Let them be horrified by their shame, for they said, ‘Aha! We’ve got him now!’ ¹⁶ But may all who search for you be filled with joy and gladness in you. May those who love your salvation repeatedly shout, ‘The LORD is great!’ ¹⁷ As for me, since I am poor and needy, let the Lord keep me in his thoughts. You are my helper and my savior. O my God, do not delay.”

Psalm 40:1-17 (NIV)

¹ “I waited patiently for the LORD; he turned to me and heard my cry. ² He lifted me out of the slimy pit, out of the mud and mire; he set my feet on a rock and gave me a firm place to stand. ³ He put a new song in my mouth, a hymn 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 look to the proud, to those who turn aside to false gods. ⁵ Many, O LORD my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare. ⁶ Sacrifice and offering you did not desire, but my ears you have pierced burnt offerings and sin offerings you did not require. ⁷ Then I said, ‘Here I am, I have come – it is written about me in the scroll. ⁸ I desire to do your will, O my God; your law is within my heart.’ ⁹ I proclaim righteousness in the great assembly; I do not seal my lips, as you know, O LORD. ¹⁰ I do not hide your righteousness in my heart; I speak of your faithfulness and salvation. I do not conceal your love and your truth from the great assembly. ¹¹ Do not withhold your mercy from me, O LORD; may your love and your truth always protect me. ¹² For troubles without number surround me; my sins have overtaken me, and I cannot see. They are more than the hairs of my head, and my heart fails within me. ¹³ Be pleased, O LORD, to save me; O LORD, come quickly to help me. ¹⁴ May all who seek to take my life be put to shame and confusion; may

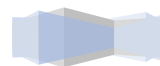
all who desire my ruin be turned back in disgrace. ¹⁵ May those who say to me, 'Aha! Aha!' be appalled at their own shame. ¹⁶ But may all who seek you rejoice and be glad in you; may those who love your salvation always say, 'The LORD be exalted!' ¹⁷ Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay."

Psalm 40:1-17 (ESV)

¹ "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!"

WHAT DOES THE PASSAGE SAY:

1. For what did David praise the Lord in the introduction of the psalm? (40:1-5)



2. What is the main theme of this psalm? (40:1-17)

3. What did David's experience of God's help in the past motivate him to do? (40:3)

4. What does God want from us even more than sacrifices and offerings? (40:6-7)

5. What testimony did David give about his own relationship with God? (40:6-10)



6. What was David's main desire? How did David equip himself to do God's will? (40:8)

7. What was David's request? (40:11-17)

8. What did David believe to be the cause of his distress? (40:12) How was David's difficult situation worsened? What did David ask the Lord to do to his enemies? (40:14-15) How did David ask God to treat those who seek Him? (40:16)

MERCY

"He put a new song in my mouth, a hymn of praise to our God. Many will see and fear and put their trust in the Lord." (v. 3)

Mercy is necessary because of the sinfulness of humanity.

It is available because of the generosity of God.

It is complete because of the sacrifice of Jesus Christ

Protection is found in God's **Love** and God's **Truth**.

It is necessary because troubles come without number and they surround us.



THINKING THROUGH THE IMPLICATIONS OF THE PASSAGE:

9. How can we guard against the temptation to focus more on outward appearances than inward attitudes?

10. How can we guard against an insincere attitude and hypocrisy?

11. How can you equip yourself to do God's will?

12. What can you do to share your experience of God's faithfulness with those far from God?



HOW GOD WANTS ME TO APPLY THIS PASSAGE TO MY LIFE:

13. What steps can you take this next week to store God's Word in your heart?

SHARE 10 minutes

As a group, talk about your fears regarding sharing your faith in Christ

SERVE 5 minutes

Continue to work on your group's strategy for ongoing service ...

WORSHIP 15 minutes

Spend time praying in your group for your shared prayer requests. (See page 3)



STRENGTH FOR THE SEASONS OF LIFE

A STUDY THROUGH THE BOOK OF

Psalms

Strength for the Waiting Season | October 25-26, 2025

***“Let all that I am wait quietly before
God, for my hope is in him. He alone
is my rock and my salvation, my
fortress where I will not be shaken.”***

Psalm 62:5-6 (NLT)

STRENGTH FOR THE SEASONS OF LIFE
A STUDY THROUGH THE BOOK OF

Psalms



MEMORY VERSE