



Psalm 40 Discussion Questions

- David begins his prayer not with his circumstances, but with who God is. How does starting prayer with God's character make a difference in our trials?
- David recounts a time when he waited patiently for the Lord. Where do you tend to rush ahead of God? What would it look like to patiently trust Him?
- Wesley said, "Nothing strengthens our faith for tomorrow like remembering God's mercy yesterday." What are some ways God has shown you His mercy in the past?
 - When was the last time you thanked God for those things?
- Just as God moved first in David's life, He makes the first move in all of our lives. How has God initiated with you? Where would you be if He hadn't "drawn you up" like David?
- David's song was the result of being delivered. What "new song" has God given you through times of struggle?
- In verse 3, David's song goes public. How can your story of God's deliverance be an encouragement to others?
- What causes Christians to stay silent about God's goodness? (fear, distraction, pride, busyness?)

- What is one specific way you can “not restrain your lips” this week?
- David says God desires obedience more than sacrifice. Where are you tempted to substitute religious activity for real obedience or repentance?
- Wesley talked about how sin “obscures our sense of God’s goodness.” Have you known this to be true in your life? How so?
- David doesn’t minimize his sins. He says they go “over his head.” Why do we as Christians sometimes admit only half of our sin?
 - How can Jesus give us the security we need to fully own our sin?
- Are you in a season of waiting like David? How has God shaped and grown you through waiting? How has He sustained you?
- As Christians, we are waiting for Jesus’ return when He will fully redeem us and make all things new. What hope can we draw from His first coming to sustain us in our waiting?