

## Small Group Study Spring Semester Week Ten

*Remember, these questions are just tools for discussion. You don't need to 'get through them all'. Use the questions that are helpful, skip the questions that are not. And let the conversation flow naturally.*

### Optional Ice Breaker(s)

- 1) In general, are you a patient person or an impatient person? Which of these scenarios is more frustrating to you: waiting twenty minutes in a traffic jam, or waiting twenty minutes in a line-up at the grocery store?
- 2) Although COVID-19 has changed most of our summer plans, what is the event/vacation/plan that you are most excited about this summer?

### Passage and Discussion

*Read Psalm 40*

- a) What stands out to you upon first reading of this passage? What is a theme, verse, or word that you find encouraging? What do you find challenging in this passage?
- b) (option 1) On Sunday, Dick Stephens shared his testimony with us. As a group, take a few minutes to share your testimonies - share with each other how you first came to know Christ in a personal way. Can you remember when you first truly understood the Gospel?
- c) (option 2) In **v1**, David writes "I waited patiently for the Lord; he turned to me and heard my cry". If you were to use this passage to describe a season of your life, which season would you describe? What did it mean in your life for God to "turn to you and hear your cry"?
- d) The call and response in **v1** is actually an active call and response. How can we actively wait on the Lord, as opposed to passively waiting?
- e) Dick shared that part of his story of accepting Christ is due to other people's faithfulness. Who are a few people that you would acknowledge as an important part of your testimony? Whose faithfulness would you celebrate in your own life?
- f) In **v3**, the one being pulled from the pit sings a 'new song'. How has your life been different since knowing God than before you knew Him, or how has knowing God enabled you to sing a different song than if you had not come to know Jesus?
- g) In **v4**, David teaches that we are blessed if we do not "turn aside to false gods". What are a few examples of "false gods" in our culture today? How have you found yourself "turning aside" to these "gods" in the past?
- h) Read **v6-8**. On Sunday, Dick said, in relation to this section, said, "It's not just circumstances that change, it's our heart that changes." When have you experienced the truth of this

statement in your own life? When have you walked through a season where God changed your heart, even if the external circumstances did not change? How has God changed your heart?

- i) Read **Mark 2:1-12**. Notice **v9** and **v12**. Why does Jesus tell the paralytic to 'take His mat'? How can you 'take your mat' with you into your home, workplace, etc.?
- j) In **v10**, David declares that he "speaks of [God's] faithfulness and [His] saving help", rather than concealing or hiding it. How do you make efforts to intentionally speak of God's faithfulness in your own life, especially in your relationships? How can you find ways to increase how often you share stories of God's help in your own life?
- k) Have you had a significant moment in your life where you were able to share your faith testimony to encourage someone else in your life? How has testimony become an important part of how you engage in evangelism with people in your life?
- l) Read **v11-16**. Have you found your life to follow this pattern - even after being lifted out of the pit, struggles still arise? What struggles have you faced since being pulled from the pit? How does v16 fit into this pattern, and your trust of God?
- m) In **v17**, David displays humility before God: he describes himself as "poor and needy". Do you find it difficult to maintain a posture of humility before God? How would our culture view this kind of humility? How do we maintain this posture in our own lives?
- n) Was there anything else in the message on Sunday that stood out to you as impactful or challenging? Did you learn anything about the Psalms that you didn't know before?

### **Take it Home (Optional Ideas for Response this Week)**

- a) This week, continue reading through the Psalms! Over the next few weeks, we will be exploring a new Psalm each week, so begin reading them to have them in your mind as we learn them together as a church community.
- b) This week, find a few minutes to spend time in worship. In **v3**, David describes that, after waiting patiently for the Lord, He put a "new song in [his] mouth". If you play an instrument, or if you simply sit and sing along with a worship song, worship God with through this week.

### **Optional Ideas for Prayer Time**

- a) In this season, it is important for us to be intentionally praying for each other. This also means that we must each choose to be honest and vulnerable with our prayer requests. Take time to 'check-in' about how each person is doing, and pray for them.
- b) As a group, spend a few minutes in prayer celebrating God's faithfulness in your lives. Have each person in your group share a couple examples of God's faithfulness in the past, and thank God for being faithful to each of you.