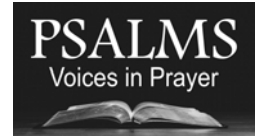




**NOTES**



- When was a recent time when you found yourself waiting a long time for someone or something? How did you feel? What did you do?
- Read all of Psalm 40. (If in a group, have readers alternate between odd and even verses.) How would you summarize the theme of this psalm in a simple sentence?
- How does the mood or tone of this psalm change as it progresses? What might this reveal about the psalmist's situation and experience of God?
- What does God desire from the psalmist? What does the psalmist desire?
- How do we experience the presence and power of God differently after an extended time of waiting? How might this offer hope or encouragement when times of waiting on the LORD come to us?
- Why is waiting for the LORD often so challenging? What can our impatience often lead us to do?
- When the LORD seems to delay in helping you, what "false gods" are you tempted to pursue instead (v. 4)? What happened the last time you relied on something or someone else other than God to deliver you from trouble?
- Where in your life today do you feel like you are stuck in a pit or trapped in mud (v. 2)? In light of this, which phrases of this psalm can you take as your own prayer?
- How can your small group or others pray for you and encourage you to continue to wait on the LORD this week?