

### **Message Study Guide**

(Scriptures & quotes from this week's message are available on [thorncreek.church/live](http://thorncreek.church/live))

#### **Warming up**

1. Have you ever helped someone in trouble?

#### **Digging Deeper & Application**

Take your time reading the scripture given. If possible look up the verses in different versions and pause at each verse and discuss it.

2. Before we jump into Psalm 40, read a few verses in Psalm 38 and 39. What was the emotional and spiritual condition of King David?
3. According to Psalm 38, what overwhelmed David?
  - a. What bothered him?
  - b. What was he bent over with?
  - c. How was David emotionally?
4. According to Psalm 39, what did David say to himself?
  - a. What was he trying to keep a hold of? What happened?
  - b. Have you ever said something that you shouldn't have said?
  - c. When was the last time you asked God to help you control your tongue?
5. Can you identify with King David?
  - a. What are some of your recurring struggles? (Share only if comfortable).
  - b. How do you typically work through the low times of your emotional or spiritual life?
6. Please read all of Psalm 40.
  - a. What do you notice about the order of this psalm?
  - b. What part is the prayer, and what part is the answer to the prayer? What jumps out at you?
7. Re-read Psalm 40:1-3.
  - a. Have you ever been impatient with God? Talk about it.
  - b. What about these verses jump out at you?
8. According to Psalm 40, what type of person is blessed?
9. Please read Hebrews 10.
10. How does Psalm 40:6 compare with Hebrews 10?

11. What is your prayer to God today? Pray for each other.

### **Application**

Below are some of the points or quotes shared in the message.

Discuss how they apply to your life.

- We can make foolish decisions that weigh us down.
- Your words have the power to change a relationship - Be Careful!
- Remember, You're in a season not a sentence.
- Waiting on God is part of obeying God.
- The only regret you'll have about waiting on God, is wishing you had.
- God hears your prayers.
  - If you are still waiting on God...keep your faith.
  - If you lose your job...keep the faith.
  - If you lose your spouse...keep the faith.
  - If you have to bury your child...keep the faith.
  - If you have to downsize...keep the faith.
  - If you have to get a second job...keep the faith.
  - If you're at your wits end...keep the faith.
  - If you get sick...keep the faith.
  - If you don't see anything changing...keep the faith.
  - GOD HEARS YOUR PRAYERS.
- God is working even when we don't see it - God is moving even when we don't know it.