
PSALMS | AMEN Bible Study 2018-19

Gospel Deliverance from a Slimy Pit

Psalm 40

December 13, 2018

Scripture Introduction

I. You Have Delivered Me! (v.1-3)

A. Rescue (v.1-3)

B. Reflection (v.4)

C. Response (v.5-10)

II. Please Deliver Me! (v.11-17)

A. My Sin (v.12)

B. My Enemies (v.13-15)

C. My Help (v.16-17)

Discussion Questions

1. In the opening verse David expresses an intentional “waiting” for the Lord. What is it about waiting that is so difficult for us?
2. Describe a time when God called you to wait for Him. What was that like for you? How did He provide?
3. In verse 4, David reflects on the importance of choosing to trust the Lord. What and who are we tempted to trust instead of the Lord when we feel overwhelmed?
4. Why does David intentionally appeal to God’s “steadfast (covenant) love” and

His “faithfulness?” How do these reassure us when we are waiting for God to act?

Going Deeper

1. What are you feeling overwhelmed with right now, or what do you feel you are waiting for from God?
2. When the Lord rescued you in the past, what lesson/message (“new song”) did He give you to proclaim to others?