

# BelPres Church

July 7, 2023

Opening Question: Looking back to last week's sermon and scripture... How did you live differently or practice what we talked about in your life this week? What did you do and how did it go?

This week's scripture: Psalm 40

I waited patiently for the Lord;  
he turned to me and heard my cry.

<sup>2</sup> He lifted me out of the slimy pit,  
out of the mud and mire;  
he set my feet on a rock  
and gave me a firm place to stand.

<sup>3</sup> He put a new song in my mouth,  
a hymn of praise to our God.  
Many will see and fear the Lord  
and put their trust in him.

<sup>4</sup> Blessed is the one  
who trusts in the Lord,  
who does not look to the proud,  
to those who turn aside to false gods.<sup>[b]</sup>

<sup>5</sup> Many, Lord my God,  
are the wonders you have done,  
the things you planned for us.

None can compare with you;  
were I to speak and tell of your deeds,  
they would be too many to declare.

<sup>6</sup> Sacrifice and offering you did not desire—  
but my ears you have opened<sup>[c]</sup>—  
burnt offerings and sin offerings<sup>[d]</sup> you did not require.

<sup>7</sup> Then I said, "Here I am, I have come—  
it is written about me in the scroll."<sup>[e]</sup>

<sup>8</sup> I desire to do your will, my God;  
your law is within my heart."

<sup>9</sup> I proclaim your saving acts in the great assembly;  
I do not seal my lips, Lord,  
as you know.

<sup>10</sup> I do not hide your righteousness in my heart;  
I speak of your faithfulness and your saving help.  
I do not conceal your love and your faithfulness  
from the great assembly.

<sup>11</sup> Do not withhold your mercy from me, Lord;  
may your love and faithfulness always protect me.

<sup>12</sup> For troubles without number surround me;  
my sins have overtaken me, and I cannot see.  
They are more than the hairs of my head,  
and my heart fails within me.

<sup>13</sup> Be pleased to save me, Lord;  
come quickly, Lord, to help me.

<sup>14</sup> May all who want to take my life  
be put to shame and confusion;  
may all who desire my ruin  
be turned back in disgrace.

<sup>15</sup> May those who say to me, "Aha! Aha!"  
be appalled at their own shame.

<sup>16</sup> But may all who seek you  
rejoice and be glad in you;  
may those who long for your saving help always say,  
"The Lord is great!"

<sup>17</sup> But as for me, I am poor and needy;  
may the Lord think of me.

You are my help and my deliverer;  
you are my God, do not delay.

Scripture Reflection Questions – Read this week’s scripture together and discuss the following:

1. What do we learn about God (e.g., traits, personality, what matters, priorities) in this passage?
2. What do we learn about people, and ourselves in particular, this week?

Sermon Reflection Questions – Reflecting on this week’s sermon, discuss the following:

1. In Psalm 40, what is King David thankful to God for that you are also thankful to God for?
2. How can you "wrap thanksgiving around your problems" this week?

Closing Question and Application: Given what we’ve discussed together today, how might God want you to apply these learnings to your life or in the life of your community this next week? Who might you share this with?

Closing group prayer: Spend a few minutes together in your group sharing prayer requests and then praying together for each other. Thank God for the time together, the conversation shared, the other people in the group, and for encouragement in the week ahead.