

If I'm Honest...
A New Song (Psalm 40)
July 12, 2020

Read

Read Psalm 40 before you come to group.

Discuss

- Read Psalm 40 together as a group. What parts stick out to you and why?
- In verses 1-2, we learn that God lifted David out of a pit – a place of shame or hopelessness. How did he get through it? What do we learn from David's experience?
- In verse 3, David says that God gave him a new song, or a new story, after he pulled him out of the pit. Share about a "new song" that has God given you. How have you seen God using your song to point others to Him?
- Read verses 6-8. What does David mean when he says, "sacrifice and offering you did not desire- but my ears you have opened"?
- For many of us, life has felt upside down in one way or another during this strange season. In what ways does your heart currently need hope?

Pray

Some groups will not be yet be comfortable to share some of the things they currently feel shame over. It's okay; trust takes time to be built. If your group members have shared in this way, ask permission to spend time praying words of encouragement, hope, and love over them.

Next Steps

What do you have in your trunk? What same are you carrying around? Spend time thinking and reflecting on those questions this week. When you're ready, consider sharing this with a trusted friend or family member who can listen, encourage, and pray with you.