

## Life Group Bible Study - Ryde

**Title:** A Prayer Song from the Pit

**Passage:** Psalm 40:1-3

1. **Exercise:** Without looking at a clock, sit for one minute in silence. Is waiting hard for you? What issues in your life are you currently “waiting on” these days? What does a modern-day “pit” look like?
2. Psalm 40 reflects a transition from a time of deep personal trouble or suffering, possibly related to sin, to a time of deliverance. What does this Psalm teach us about HOW to wait upon God?
3. vv. 6-8 is quoted in Hebrews 10:5-7 as the voice of Christ. How does this Psalm foreshadow the ultimate sacrifice of Christ?
4. When has God helped you in the past?
5. How can you sing a new song; speak and tell of his deeds and his righteousness? What is one thing that God has done for you recently that you can share with one person?