

# “One Year Ago...”

## **Psalm 40**

<sup>1</sup> 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 and put their trust in the LORD.

<sup>4</sup> Blessed is the man who makes the LORD his trust, who does not look to the proud, to those who turn aside to false gods.

<sup>5</sup> Many, O LORD my God, are the wonders you have done. The things you planned for us no one can recount to you; were I to speak and tell of them, they would be too many to declare.

<sup>6</sup> Sacrifice and offering you did not desire, but my ears you have pierced; burnt offerings and sin offerings 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>8</sup> I desire to do your will, O my God; your law is within my heart."

<sup>9</sup> I proclaim righteousness in the great assembly; I do not seal my lips, as you know, O LORD.

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

<sup>11</sup> Do not withhold your mercy from me, O LORD; may your love and your truth 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, O LORD, to save me; O LORD, come quickly to help me.

<sup>14</sup> May all who seek 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 love your salvation always say, "The LORD be exalted!"

<sup>17</sup> Yet I am poor and needy; may the Lord think of me. You are my help and my deliverer; O my God, do not delay.

## **Small Group Questions**

1. During the weekend services, we heard a number of stories of life-change from the last year. Which one was most encouraging to you and why?
2. In your small group, take some time to celebrate some similar stories of what God has done in the last year. Here are some categories; use them to help you share how God has been changing you over the last year:
  - You've come to know Jesus in the last year.
  - You've been healed—physically, spiritually, emotionally or relationally in the last year.
  - Your faith and trust in God has brought about deliverance.
3. Now, read Psalm 40, and then answer the following questions:
  - Come up with a list of character traits that are revealed in the Psalm.
  - What are some words that the psalmist uses to describe the desired posture of someone in relation to God? How well do you think you reflect that posture?
  - What does it mean to "sing a new song"? What does that look like for you?
4. Is there something that you hope God changes in you in the year ahead? Share as a group, take time to pray about it, AND have your leader record them and hold on to them for next year. This way, you can look at them in remembrance.