

Psalm 40 ~ My Helper and My Deliverer

1. What mental picture did David use to describe God's deliverance in the past? (40:1-2)
2. What is the central thought of this psalm? (40:1-17)
3. How should we respond to God's deliverance? (40:3)
4. What specific instructions does this psalm give to God's people? (40:4)
5. In what way did David feel inadequate? (40:5)
6. What does God want from us even more than sacrifices and offerings? (40:6-7)
7. What testimony did David give about his own relationship with the Lord? (40:6-10)
8. What was David's main desire? (40:8)
9. How was David involved in proclaiming God's goodness to others? (40:9-10)
10. What was David's request? (40:11-17)
11. What did David believe to be the cause of his distress? (40:12)
12. How was David's difficult situation worsened? (40:14-15)
13. What did David ask the Lord to do to his enemies? (40:14-15)
14. How did David ask the Lord to treat those who seek Him? (40:16)

15. What are the dangers of letting church attendance become merely a routine?
16. Which is more important outward appearance or inward attitudes? WHY?
17. What does remembering God's faithfulness in the past prompt us to do?
18. What would be our modern-day equivalent to the sacrifices and offerings of the Old Testament?
19. What does God really want from us?
20. How can we guard against an insincere attitude and hypocrisy?
21. How can we store God's Word in our hearts?
22. In what ways can we tell others about God's goodness?
23. How can you share your experience of God's faithfulness with those who do not know the Lord?
24. What steps can you take this next week to store God's Word in your heart?
25. What offering of praise can you give to God today?
26. In the next few days, who is one person you could tell about God's faithfulness to you?