

Small Group Resource Guide

Psalm 40, September 23, 2020

OPEN WITH PRAYER

VIDEO

REFLECTION: *Watercolor Wash: Impressions of Pit of Destruction & Deliverance (~10 min)*

- **Consider:** Write down 3-4 words that describe what it has felt like for your soul to be down in a miry bog, a pit of destruction, or surrounded by enemies. This could be as a result of sin, sadness, or circumstance.
- **Express:** With your words as inspiration, use color to create a watercolor wash that expresses your impressions of the emotions you associate with being in the pit or the miry bog.
 - ***Watercolor Wash:** *Paint a light layer of plain water on your paper. Next, add as much or as little color as you like to create the desired effect.*
- **Consider:** Write down 3-4 words that describe the feeling of being heard, delivered and drawn out of that pit. How does your soul feel when you are made secure, set on a solid rock and preserved? Have you ever been rescued from something (literally or figuratively)? What emotions does this invoke?
- **Express:** With your words as inspiration, use color to create another watercolor wash that expresses your impression of what it feels like to be rescued, lifted out of the miry bog/pit and placed securely on solid ground.

RETURN TO VIDEO: *Instructions for Exploration: Repetition*

- **Exploration:** (~3-5 min) Look back at the repeated words and concepts that you noticed earlier. Discuss: What repetitions catch your attention? Do any of these repetitions give clues as to the Psalmist's purpose in writing this down?

RETURN TO VIDEO: (~5-10 min) *Instructions on Typology*

- **Exploration:** Read both texts on the next page. Mark similar language between the two passages.
- ***Discuss:** Why does the writer of Hebrews say that "Jesus said" those words from Psalm 40? How were David's life and Jesus' life similar/different? Did David succeed in doing God's will? How could Ps. 40 also be about Jesus? Why can we have more confidence in the words of Psalm 40 than David did?

PSALM 40:6-10	HEBREWS 10:4-10
<p>In sacrifice and offering you have not delighted, but you have given me an open ear. [a] Burnt offering and sin offering you have not required. 7 Then I said, "Behold, I have come; in the scroll of the book it is written of me: I delight to do your will, O my God; your law is within my heart." 9 I have told the glad news of deliverance [b] in the great congregation; behold, I have not restrained my lips, as you know, O Lord. 10 I have not hidden your deliverance within my heart; I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation.</p> <p>[a] see Ex. 21:6</p> <p>[b] righteousness</p>	<p>For it is impossible for the blood of bulls and goats to take away sins. 5 Consequently, when Christ [a] came into the world, he said, "Sacrifices and offerings you have not desired, but a body have you prepared for me, in burnt offerings and sin offerings you have taken no pleasure. Then I said, 'Behold, I have come to do your will, O God, as it is written of me in the scroll of the book.'" 8 When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), 9 then he added, "Behold, I have come to do your will." He does away with the first in order to establish the second. 10 And by that will we have been sanctified through the offering of the body of Jesus Christ once for all.</p>

RETURN TO VIDEO--WRAP-UP

APPLICATION QUESTIONS:

- When you are in the pit of destruction or miry bog, where do you turn for hope? What makes you feel secure? Is it really a secure rock?
- When you experience the Lord's deliverance, do you proclaim it or restrain your tongue? What holds you back from telling others of God's steadfast love and faithfulness?
- How can you make remembrances for yourself and others so that you don't forget His steadfast love and faithfulness to you?

FOR FURTHER STUDY THIS WEEK: *If you desire*

- **Share:** Pair up with a fellow group member. Read the Psalm each day and text one another with one thing that struck you from your reading that day.
- **Encourage:** Read Ps. 27, Ps. 70, and Heb. 10:1-18 for further meaning.
- **Apply:** This Psalm gives us a model for walking through trials.
 - **1. Remember:** Think of a time when you have experienced God's deliverance in the past.
 - **2. Request:** Journal a brief prayer asking for deliverance in your present circumstances.
 - **3. Rejoice:** Read Psalm 46 aloud.
- **Examine:** How might the Lord be calling you to be more bold in proclaiming what He has done for you?