



Wait Training

MARCH 19 & 20, 2011 • RENÉ SCHLAEFFER • PSALM 40

I **waited patiently** for the LORD; he turned to me and heard my cry. He lifted me out of the **slimy pit**, out of the **mud and mire**. *Psalm 40:1-2a*

He set my feet on a rock and gave me a firm place to stand. He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the LORD and put their trust in him. Blessed is the one who trusts in the LORD, who does not look to the proud, to those who turn aside to false gods. *vv.2-4*

"I waited **patiently**..." *patiently*: _____

How do I "wait purposefully"?

1. _____
Many, LORD my God, are the **wonders** you have done, the things you planned for us. **None can compare with you**; were I to speak and tell of your deeds, they would be too many to declare. *v. 5*
2. _____
Sacrifice and offering you did not desire — but my ears you have opened — burnt offerings and sin offerings you did not require. Then I said, "Here I am, I have come — it is written about me in the scroll. **I desire to do your will**, my God; your law is within my heart." *vv. 6-8*
3. _____
I proclaim your saving acts in the great assembly; I do not seal my lips, LORD, as you know. I do not hide your righteousness in my heart; **I speak of your faithfulness and your saving help**. I do not conceal your love and your faithfulness from the great assembly. *v. 9-10*

When the psalm concludes, David is still waiting...

But as for me, I am poor and needy; may the Lord think of me. You are my help and my deliverer; you are my God, **do not delay**. *v. 17*

Key question:

_____ ?



Daily Meditations

Monday

Please read Psalm 40. What are the key phrases in this passage?

What is something you learned about waiting in last weekend's sermon?

In what area of your life do you feel like you're waiting right now? What are your most common struggles with waiting?

How did last weekend's sermon encourage you?

Thank God today for the Psalms. Thank Him for the practical lesson on waiting. Talk to God about the areas of your life where you feel like you're waiting. Ask Him to use your Bible study this week to grow you in this area.

Tuesday

Please read Psalm 40:13–15. Which of David's struggles can you most relate to right now: troubles, sins, threats or accusers? How has that impacted your willingness to wait purposefully?

How has God rescued you from the "pit" of your struggles in the past?

What has waiting for God in the "pits" of life taught you about waiting?

Thank God today for His strength and ability to rescue you from the slimiest of pits. Thank Him for His grace, for putting your feet on a firm rock. Ask God to give you peace and patience in your current "pit".

Wednesday

Please read Psalm 40:5, 105:1–7 & 145:4–6. What do these verses say about focusing on the wonders of God?

How could focusing on God's wonders help you wait purposefully?

Take a moment now to write down the wonders of God that you are currently experiencing.

How can you share these wonders and encourage someone today?

Thank God today for the wonders that you are currently experiencing. Ask God to give you eyes to see His wonders and a willingness to focus on those things. Pray for the opportunity to point others to Him and provide them with the encouragement to wait well.

Thursday

Please read Psalm 40:6–8 & 1 Peter 4:19. Slowly read through these passages several times.

Which words, phrases or images stand out to you and why?

What are the benefits of focusing on doing what God asks while you're waiting?

As you spend time in prayer today thank God that He has both a present and future hope for you. Pray that while you're waiting in the present you'll be faithful to what you already know God wants you to do. Thank God for the sense of purpose following Him gives to your daily life.

Friday

Please read Psalm 40:9–10 & 71:14. Think about the areas of your life where you feel as though you are waiting. In what way are you finding it difficult to praise God while you wait?

What "great assembly" has God placed around you? Write down at least two ways you could praise God in that great assembly in the next few days.

What impact does praise have on you? (If you don't have much experience with praising God start by listing the blessings He has given you or listen to some Christian music and use that as a springboard for thanking God.)

Spend time praising God today not just for what He's blessed you with but who He is. Ask God to give you a heart of praise where you are currently struggling with impatience. Pray that you'll be faithful and willing to praise God in the great assembly He's placed you in.

Saturday

Please read Psalm 73, the psalm we'll be studying this weekend. What initially strikes you as you read this psalm? In what way can you relate to the psalmist?

Please pray for the services this weekend. Pray that our church will be an example to the community of love and peace. Please continue to pray for the folks in Japan. That God will work miracles in the lives of those who survived and that He will use His Church as an answer to people's needs.



"I waited patiently for the LORD;
he turned to me and heard my cry.
He lifted me out of the slimy pit,
out of the mud and mire;
he set my feet on a rock."

Psalm 40:1–2 NIV