

# Out of the Pit

**Psalm 40 | Psalms: Songs for Every Season**  
**June 22, 2025 | Pastor Mike Foster**

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**Big Idea: God faithfully saves and transforms those who wait on Him – again and again and again!**

- ⇒ **Remember your salvation and thank God!**
- ⇒ **Rededicate your heart and serve God!**
- ⇒ **Renew your faith and trust God!**

Check out our [Interactive Guide to the Psalms](#) and our [Psalm Project](#)!

## FOR FURTHER ACTION/REFLECTION

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Memorize Psalm 40:1-3

Read “Trusting God’s Deliverance” – [bit.ly/RefectionPsalm40](https://bit.ly/RefectionPsalm40)

Read “Psalm 40 and God’s Perpetual Deliverance” – [bit.ly/PerpetualDeliverance](https://bit.ly/PerpetualDeliverance)

Listen to “Goodbye Yesterday” – [bit.ly/GoodbyeYesterday1](https://bit.ly/GoodbyeYesterday1)

Listen to “Psalm 40 He Raised Me Up” from the Psalms Project – [bit.ly/Psalm40RaisedMe](https://bit.ly/Psalm40RaisedMe)

Listen to “Psalm 34” by the Brooklyn Tabernacle Choir – [bit.ly/Psalm34Song](https://bit.ly/Psalm34Song)

Read our *Interactive Guide to the PSALMS* – [bit.ly/ForceyGuidetoPsalms](https://bit.ly/ForceyGuidetoPsalms)

Read *God’s Grace in your Suffering* by Powlinson

Read *Reflections on the Psalms* by C.S. Lewis

## GROUP DISCUSSION QUESTIONS

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1. What stood out to you most from the message?
2. Read Psalm 40:1-3. Share about a time when it felt like you were in a “pit.” Did you wait patiently for the Lord? What trials, temptations, and doubts did you face? Did God bring you out of the pit? How?
3. Share about when and how the Lord brought you to salvation through faith in Christ. What did he rescue you from? What did he rescue you to? How did he transform you?
4. Read Psalm 40:4-5. What are some of the false gods we are tempted to look to for help today? How is this folly compared to the wisdom of trusting God?
5. Read Psalm 40:6-8. Summarize what David is expressing here. What is the difference between the ritual of sacrifice and the reality of a devoted heart?
6. Read Hebrews 10:1-14. How does the writer of Hebrews apply Psalm 40 to Jesus? What is the difference between Jesus’ sacrifice and all the sacrifices before Him?
7. Read Psalm 40:9-10. Why would we be tempted to hide the work of God in our lives, or to conceal his love and faithfulness? Do we do this today? How so? How can we more faithfully proclaim the work of God?
8. Read Psalm 40:11-15. Share about a time since your salvation when you have struggled with sin and/or troubles. What do we need to remember about God in these times?
9. Read Psalm 40:16-17. How do you need to trust God for deliverance in your life today? What would it look like for you to do that?
10. Spend some time thanking and praising God for his faithfulness and praying to Him for his continued rescuing of our hearts and lives!

