

Discussion Questions for “A New Song: Waiting”
Psalm 40:1-5, Pastor Tom Olson, Weekend of February 7th & 8th, 2026

Sermon Outline

David’s testimony of his dark night:

1. He waited and waited (v. 1).
2. God drew him out of the pit (vv. 1-2).
3. He found a fresh perspective on faith (v. 4).
4. God put a new song in his mouth (vv. 3-5).
5. He wasn’t rendered useless (v. 3).

Sermon Questions

1. How might God use our seasons of waiting in our spiritual growth?
 - a. In other words, even though He *could* solve all our problems instantly, why does He allow us to wait and wait, at times?
 - b. Besides Psalm 40, can you think of other Scriptures that support your answer?
 - c. Have you experienced this in your own life?
2. Why is God the only one who can satisfy our *souls*?
 - a. What things claim to offer us *soul-satisfaction*, but can’t?
 - b. How do we keep ourselves fixed on God instead of turning to these things?
3. As David does some *holy reminiscing* on God’s deliverance in verses 1-3, it propels him into verse 4, where he remembers how *blessed* it is to trust in God.
 - a. Do some *holy reminiscing* yourself. What are 2 or 3 especially memorable times that God has taken care of you?
 - b. Why do you agree with David that *blessed is the man who makes the LORD his trust*?
4. Is it hard or easy for you to sing praise to God these days?
 - a. If it’s difficult, take some time to cry out to God, asking Him to put a new song in your mouth. (LIFE Groups, rally around this person, laying hands on them and praying for them.)
 - b. How can singing help *push back* against the darkness we sometimes feel?

(Questions continue on next page.)

5. God used David after his trying season. Verse 3: *Many will see and fear and put their trust in the LORD.*
 - a. When's a time when you watched another believer endure a trial, and *it helped you?*
 - b. How have *your own trials* enabled you to help others?
6. What echoes of Jesus do you see in these first five verses of Psalm 40?
7. Any other takeaways from this passage or message?