

**Discussion Questions for “A New Song: Rejoicing”**  
*Psalm 40:11-17, Pastor Tom Olson, Weekend of February 21<sup>st</sup> & 22<sup>nd</sup>, 2026*

Sermon Outline

Two realities:

1. Dark nights can have aftershocks (vv. 11-17).
2. Dark nights can have mixed and multiple causes (v. 12).

Three responses:

1. Bring everything you’re battling to God (vv. 11-15).
2. Continually say, “Great is the LORD!” (vv. 11, 16-17).
3. Remember Jesus (vv. 12-15).

Sermon Questions

1. Why is it important to grasp that our dark nights of the soul can have *aftershocks*...
  - a. ...for your own spiritual health?
  - b. ...for your ministry to others?
2. What’s problematic about ignoring possible causes of our dark nights?
  - a. Have you watched someone do this? What happened?
  - b. Have you done this yourself? What happened?
3. Have you ever – intentionally or unintentionally – hidden something you’re struggling with from God? Why so?
4. Read Proverbs 3:5-6 and 1 Peter 5:6-7.
  - a. How do they line up with the way David prays in Psalm 40:11-15?
  - b. Why is it worthwhile to bring *everything* to God in prayer – even the stuff that doesn’t seem “spiritual” on the surface?
5. David urges *continual* praising and rejoicing in verses 11, 16, and 17 of Psalm 40.
  - a. Why, do you think, this helped David?
  - b. Why can it help you?
  - c. How can we do this – especially when our dark nights of the soul make us feel like we don’t want to rejoice in the Lord?
6. Remembering how Hebrews 10 says that *Jesus is speaking in Psalm 40*, how do you see the *person and work* of Christ here in these final verses of this psalm?
7. Any other takeaways from this passage or message?