



## Sermon Discussion Questions

Rhythms of Renewal  
"Renewed by Waiting" (Psalm 40)  
January 4, 2026, by Danny Strong

### Sermon Overview

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#### Main Idea

We are in our annual series on Rhythms of Renewal. Last week we looked at being renewed by God's word. This week, in looking to Psalm 40, we consider how we are renewed by waiting. David shows us this by acknowledging both his desperate needs and his confident anticipation of God's deliverance, which allows David (and us) to rest on God's proven character and be renewed by our waiting.

#### Sermon Outline

1. David is Renewed in His Waiting (vv. 1-10)
  - a. By remembering God's past salvation (vv. 1-5)
  - b. By delighting in the greater salvation of a changed heart (vv. 6-8)
  - c. By telling people about what God has done (vv. 9-10)
2. David Applies What He has Learned to His Present Problems (vv. 11-17)
  - a. The evil seeking to destroy him from the inside (v. 12)
  - b. The evil seeking to destroy him from the outside (vv. 14-15)
  - c. Who God is and what that means for David's present reality (vv. 11, 17)

#### Quotes

"Having desperate need does not mean, I need to be desperate . . . There is zero percent chance that tomorrow God will fail his people, so David is okay [and so are we]."

### Discussion Questions

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#### Initial Engagement

- What is the main idea of the text, or what did the sermon focus on?
- What insight from the text or sermon stood out to you most, and why?

#### Deeper Reflection

1. How does remembering that our problems have a history, and how is waiting, as described in Psalm 40, instructive for how we pray?
2. How can it be that Hebrews quotes this Psalm as if from Christ?
3. As discussed in verses 7-8, what does God's book say about David and therefore all of those who are in Christ? What does that mean for you?
4. Do you tell people about what God has done for you? Why or why not? How can you grow in this area in 2026?



## Sermon Discussion Questions

5. What problems does David identify? Do you relate to those problems? What problems are you currently facing?
6. Our present reality includes that we are poor and needy, but it is not our whole reality. How does who God is help David deal with his problems? How can reflecting on who God is help you with problems you are facing?

### Final Response

- What is one thing you want to remember or one way you hope to change in light of this sermon or discussion?