

## Adult Impact Study Sheet – July 14, 2024

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Read **Psalm 40:1-17**; if possible, from several translations.  
For additional insight go to [www.studylight.org](http://www.studylight.org) and [www.gotquestions.org](http://www.gotquestions.org).

1. Define patience and then discuss what it means to wait patiently on the Lord.

What are hindrances to waiting patiently on the Lord?

2. Read verses 1-3. These verses list a number of results from waiting patiently on the Lord. Discuss what each means:

“He heard my cry” –

“He lifted me out of the slimy pit, out of the mud and mire” –

“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 and put their trust in the Lord” –

3. How is the man “blessed who makes the Lord his trust?”
4. Verse 5 tells us to count our blessings. Name some of the wonders God has done for you.
5. We are prone to think that God desires religious rituals. Name some that we think bring merit to God’s acceptance.

According to verses 7-10, what does God require? See also Psalm 51:16-17.

6. What is David’s prayer in verses 11-17?
7. Read verses 16-17. What should be the response of those who seek God?