



# REALife Application

Use the following questions this week to reflect on what it would mean to align yourself with the truths taught in Scripture. Each question is meant for both personal reflection and as a catalyst for discussion with your family, friends, or REALife Group.

1. Describe a time when you experienced a rescue from God after you had prayed and waited for Him to respond. How did that rescue increase your faith and help you realize the Greatness of God?
2. What is the difference between bringing offerings to God and giving our lives to God? (See Romans 12:1-2). What are some offerings that you try to give God instead of your life?
3. David comes to understand the character of God by reflecting on who He is. (See Ps. 40:9-10). What are some of the attributes of God that you know and have experienced? Be specific on how you have seen these attributes in your connection with God.
4. Do you have any sins in your life that have given your "enemies" a chance to take advantage of you? (Note: Enemies may not be people but the "consequences" of your sin, e.g. a creditor knocking daily at your door). What are you waiting patiently for from God right now?

## **High Mountains and Deep Valleys Psalm 40**

**In Connecting with God, we will experience times of "Waiting Rewarded". (vv. 1-10)**

1. **Personal Experience of Rescue (vv. 1-3)**
2. **Lessons Learned in Reflection (vv. 4-5)**
3. **Decision to Go "All In" (vv. 6-8)**
4. **The Need to Go Public (vv. 9-10)**

**In Connecting with God, we will experience times of "Waiting Renewed". (v. 11-17)**

1. **My sin that undermines my life (vv. 11-12)**
2. **My enemies that grow from my failures (vv. 13-15)**
3. **My help that will come "in time" (vv. 16-17)**

### Memory Verse

*I waited patiently for the LORD;  
he turned to me and 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.  
Psalm 40:1-2*

*2nd message* in the Psalms series, by Pastor Tim Hawks.  
CDs of this message (03/07/10) may be purchased at the  
Resource Center or listened to online at [www.hcbc.com](http://www.hcbc.com).