Waiting on the Lord | Psalm 40

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**Overview and Notes**

Without missing a beat, David goes from thanksgiving for God’s deliverance to crying out for help. David’s experience in one crisis sets him up for the next. We can learn from David’s experience as well in how to wait on the Lord well.

3 Steps in Facing Trouble:

1. Wait on the Lord (v.1)
2. He answers (v2)
3. We worship (v3)

3 Lessons from the Pit:

1. Thanksgiving fuels our pleas for help
2. Seek the Lord in the pit (v16)
3. Waiting well requires humility (v17)

**Reflect & Pray**

How can you set yourself up to wait well?