

1 I waited patiently for the Lord; he turned to me and heard my cry. 2 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. 3 He put a new song in my mouth, a hymn of praise to our God. Many will see and fear the Lord and put their trust in him. Psalm 40:1-3

Stage 1: The Pit—Loneliness, being forgotten, helplessness, despair, affliction ...

Q: What pit are you in right now? How do you feel and why is it hard to get out of it?

Stage 2: The Wait—Frustration, impatience, feeling of abandoning hope, nobody cares ...

Q: What are you waiting for God to do in your life right now? Do you feel abandoned? Why?

Stage 3: The Cry—Afflicted people learn to talk to God out of their frustration and desperation.

Q: Is it hard for you to be honest, open, and transparent with God? Is it difficult for you to pray? Why?

Stage 4: The Answer—God will answer and speak to us through His word.

Q: Has God ever spoken clearly to you through His word? In what other ways does He speak?

Stage 5: The Rescue—He brings change, stability, purposefulness and direction.

Q: How has God brought change in your life? How has He made you more loving? Holy? Etc.

Stage 6: The New Song—He gives us a fresh new attitude on life—keen interest in God's will.

Q: Is it hard for you to have a positive attitude? Why do you get negative? How can you change this?

Stage 7: The Impact—Many will recognize God's purpose from the example of our trust.

Q: Why do you think people get blessed when they see someone with faith? What impacts them?

God uses the afflictions and sufferings to prepare and equip us for greater usefulness