



Dear LifeGroup Leader,

-Connor



## Celebration

### Celebrating God's New Song

What holds you back from celebrating? What keeps you from being home and full of joy for this season? Instead of being critical of the commercialization of Christmas, we ought to be overwhelmingly engaged with the fullness of the meaning of Christmas. Celebrating means "singing" even in difficult times. Singing does not require us to be self-sufficient or self-effacing. David is able to sing to God because he has cried out, been patient and humble, and steadfast in difficult times.

**FOCAL POINT:** Living with hope requires crying out in our distress and receiving God's comfort.



### Getting Started

Catch up together about how your week has been, possibly also revisit last week's meeting.

- ▶ How are you at asking for help?



### Exploring Scripture

Read the following passage together.

Psalm 40

- ▶ Where do you hear God's heart in this passage?
- ▶ What words or phrases stick out to you?



## Reflection

Take time to reflect together about the passage.

- ▶ At first glance, this passage indicates God as the one who initiates and acts. Yet in this passage we see that God responds to David's cry. What might have kept someone in David's position from "crying" to God?
- ▶ What do we risk by crying out to God? What do we risk by not crying out to God?



## Praxis

With the understanding that we gathered here are the body of Christ, let's allow the truth from today's scripture to impact us as a LifeGroup.

- ▶ For many of us "crying out" for help hasn't been as clean or simple as it sounds in this passage. Often we anticipate that we're not simply going to receive help, but maybe that God or others will be resentful, or unavailable, or we'll end up having to fix things ourselves. Crying out means simply expressing our pain without describing how to fix it.
  - ▶ Whether before God or others you are close to, what usually keeps you from crying out for help?
  - ▶ If you could cry out for help for some difficulty you're going through, what would you cry out about?
  - ▶ Let's pray and invite God to hear our cries. Let's proclaim our trust in God, our provider and healer, that He will turn to us and lift us up.



## Moving Outward

Challenge each other to live out God's truth this week.

- ▶ Practice crying out to God, and practice crying out to those closest to you.

## Psalm 40

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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.  
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.  
Blessed is the one  
who trusts in the Lord,  
who does not look to the proud,  
to those who turn aside to false gods.  
Many, Lord my God,  
are the wonders you have done,  
the things you planned for us.  
None can compare with you;  
were I to speak and tell of your deeds,  
they would be too many to declare.  
Sacrifice and offering you did not desire—  
but my ears you have opened—  
burnt offerings and sin offerings you did not require.  
Then I said, "Here I am, I have come—  
it is written about me in the scroll.  
I desire to do your will, my God;

your law is within my heart."  
I proclaim your saving acts in the great assembly;  
I do not seal my lips, Lord,  
as you know.  
I do not hide your righteousness in my heart;  
I speak of your faithfulness and your saving help.  
I do not conceal your love and your faithfulness  
from the great assembly.  
Do not withhold your mercy from me, Lord;  
may your love and faithfulness always protect me.  
For troubles without number surround me;  
my sins have overtaken me, and I cannot see.  
They are more than the hairs of my head,  
and my heart fails within me.  
Be pleased to save me, Lord;  
come quickly, Lord, to help me.  
May all who want to take my life  
be put to shame and confusion;  
may all who desire my ruin  
be turned back in disgrace.  
May those who say to me, "Aha! Aha!"  
be appalled at their own shame.  
But may all who seek you  
rejoice and be glad in you;  
may those who long for your saving help always say,  
"The Lord is great!"  
But as for me, I am poor and needy;

may the Lord think of me.  
You are my help and my deliverer;  
you are my God, do not delay.