

# NO LONGER HOLDING BACK

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*Preaching: Michael Swartzentruber, Senior Minister*

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## PSALM 40:1-11

1I waited patiently for the Lord; he inclined to me and heard my cry.

2He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure.

3He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord.

4Happy are those who make the Lord their trust, who do not turn to the proud, to those who go astray after false gods.

5You have multiplied, O Lord my God, your wondrous deeds and your thoughts toward us; none can compare with you. Were I to proclaim and tell of them, they would be more than can be counted.

6Sacrifice and offering you do not desire, but you have given me an open ear. Burnt offering and sin offering you have not required.

7Then I said, "Here I am; in the scroll of the book it is written of me.

8I delight to do your will, O my God; your law is within my heart."

9I have told the glad news of deliverance in the great congregation; see, I have not restrained my lips, as you know, O Lord.

10I have not hidden your saving help within my heart, I have spoken of your faithfulness and your salvation; I have not concealed your steadfast love and your faithfulness from the great congregation.

11Do not, O Lord, withhold your mercy from me; let your steadfast love and your faithfulness keep me safe forever.

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## REFLECT & DISCUSS

wisdom, guidance, or assurance of God?

1. Read the passage slowly. Then take a deep breath and read it again. What word, phrase or image stands out to you?
2. Reflect on how God has present in your life? When and how has God shown up to help you heal, change, or endure a difficult situation?
3. The Psalmist declares “I have told the glad news of deliverance” and “I have spoken of your faithfulness and salvation.” How comfortable are you with “sharing your faith”, namely, talking about your understanding of God, your experience of spirituality, or ways you practice your faith (not trying to convert anyone, just freely chatting and sharing your experience)?
4. Why do we “hold back”? What headwinds or frictions have you experienced or felt, if any, about “sharing your faith”?
5. Reflect on verse 6, what does it mean to live spiritually with an “open ear”, not just going through the motions of religious observance?
6. How might you “incline your ear” to God this year? What helps you open up and listen for the