

**Sermon Series: The Pilgrim's Progress**  
**"Forging Through the Swamp of Despond"**  
*by Rev. John C. Tittle*

**Scripture:** Psalm 40:1-5 REB

<sup>1</sup>Patiently I waited for the Lord; he bent down to me and listened to my cry. <sup>2</sup>He raised me out of the miry pit, out of the mud and clay; he set my feet on rock and gave me a firm footing. <sup>3</sup>On my lips he put a new song, a song of praise to our God. Many will look with awe and put their trust in the Lord. <sup>4</sup>Happy is he who puts his trust in the Lord and does not look to the arrogant or the treacherous. <sup>5</sup>Lord my God, great things you have done; Your wonders and your purposes are for our good; none can compare with you. I would proclaim them and speak of them, but they are more than I can tell.

**Discussion Questions:**

1. What jumps out at you about this passage?
2. Was there a time in your life where you felt utterly bogged down in the Swamp of Despond? What got you through it? Have you been tempted to be like Pliable in the Pilgrim's Progress who turned back home after falling into the Swamp of Despond?
3. How has God given you firm footing and steadied your walk in your life?
4. Worship is speech to God and testimony is speech to people. This psalm indicates that our worship is not really complete until it is shared with others. Why might this be so?
5. The entirety of Psalm 40 can be seen as a Before, During, and After Psalm. David looks back at the past, cries out in present need, and has hope for the future. How does he specifically do this?
6. It can be argued that one of the most important things a believer is called to do in Scripture is trust God. How would you define trust? When is it hardest for you to trust God?
7. David says in the Psalm that God gives him a new song to sing? What do you think that new song is? What new song has God given you to sing right now?
8. Why does God want us to share good news rather than keep it to ourselves?