

1. So, where are you on the *wait* scale (from "I don't have a second to waste!" to "I have all day...")?
 - a. Share with someone & explain what factors you think have contributed to that the most.
2. Story Time: Tell of a time when you waited a long time for something or someone, and *it was totally worth it*. And/or... Share of a time you did that, and it turned out to be a complete *waste of time*.
3. When King David challenges/encourages/commands himself & us to "wait for the Lord" (v. 14) - what are your initial feelings? Are you annoyed/frustrated that you're being told to wait? Or are you comforted/assured that God will come through?
 - a. Why do you think you feel the way you do?
4. David was clearly waiting for God's deliverance from his enemies. When have you "waited (looked *eagerly*/hoped *expectantly*) for the Lord?"
 - a. How did God meet you in your waiting?
 - b. Was it what you expected/hoped for?
 - c. Did you find that any of Charles Spurgeon's 4 key ingredients (prayer, humility, service, expectancy) were especially helpful to you in that season? How so?
5. Now the flipside to #4. How has God proven that He waits for you? That He's patient with you? That He's (Ps. 103:8) "merciful and gracious, *slow* to anger and abounding in steadfast love?"
6. Finally, are you currently in a season of "waiting for the Lord?" Share about it with a close family member/friend and pray together. Below is a prayer you may use to guide you...

Father, in this season of waiting, help _____ to be strong and filled with courage (Ps. 27:14). Lead _____ in Your truth and teach _____, for You are the God of our salvation (Ps. 25:5). May Your integrity and uprightness preserve _____ (Ps. 25:21). Father, Your word says that if _____ will wait for You, _____ will gain new strength, mount up with wings like eagles, run and not get tired and walk without becoming weary (Is. 40:31)! Help _____ to trust You for these promises. For Your glory, God, and our good. In Jesus' name. Amen.

(adapted from *Harvest Prayer Ministries*)