



DIGGING DEEPER

Sing A New Song

November 23rd, 2025

Lean In

- What song from your childhood or teen years instantly brings back memories?
 - When life gets overwhelming, what tends to be “the soundtrack” playing in your mind—fear, gratitude, stress, worship?
 - What has been your relationship with worship music? Do you connect with it, tolerate it, or struggle with it?
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PASSAGE 1

Look Up

Read together: Psalm 13

Observation — What does the text say?

- How many times does David ask “How long?”
 - What emotions or experiences does David describe?
 - Where does the psalm turn from complaint to confidence?
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Interpretation — What does the text mean?

- What does Psalm 13 teach us about the kind of prayers God welcomes?
- Why do you think God led the people of Israel to preserve prayers that include accusation, doubt, and frustration?
- Why might honesty with God be an essential part of our relationship with Him?

- What does the shift in verses 5–6 teach us about faith?
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Application — How should I respond?

- Where in your life do you feel like saying, “How long, Lord?”
 - What emotions have you been venting to others or burying instead of bringing to God?
 - How might starting your prayers with raw honesty deepen—not weaken—your relationship with God?
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PASSAGE 2

Passage: **Psalm 40:1–3**

OBSERVATION — What does the text say?

- What did God do in verses 1–2?
- What was David’s response in verse 3?
- Identify anything God does vs. anything David does.

INTERPRETATION — What does it mean?

- Why do you think David describes his emotional and spiritual breakthrough as a “new song”?
- What does this metaphor communicate about healing, perspective, and worship?
- According to the Psalm, who is responsible for putting the new song in David’s mouth—David or God? Why is this important?
- How does God use worship to realign our minds and hearts (compare with Romans 12:1–2 and Philippians 4:4–9 mentioned in the message)?

APPLICATION — What do we do with this?

- What “old song” (old pain, old narrative, old fear) do you tend to replay in your mind?
- What truth from Scripture could become your “new song”?
- How might worship—music, prayer, gratitude—help you shift your focus this week?

GROUP DISCUSSION (Based on the Sermon)

1. Getting Honest

- Why is it often easier to vent to people than to God?
- What keeps people from being emotionally honest in prayer?
- When have you been most honest with God in your life?

2. The Power of Music

- How have worship songs strengthened you during a difficult season?
- What lyrics from Sunday's gathering stood out to you and why?
- Do you resonate with the idea that worship is not just singing, but offering your whole life to God (Romans 12:1–2)?

3. Shifting Your Focus

- What do you tend to fix your mind on when life gets stressful?
- Think of a time when worship helped you shift your perspective. What changed?
- Which verse from Psalm 40 or Psalm 13 do you want to memorize and return to this week?

4. Writing a New Song With God

- If your life had a soundtrack right now, what would the title track be?
 - What would you want it to be?
 - What is one practical step you can take to let God put a new song in your heart?
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SPIRITUAL PRACTICE FOR THE WEEK

The New Song Exercise

Each day this week:

1. Name your emotion before God (honesty).
2. Remember one thing God has done for you in the past (focus).

3. Choose one worship song and sing it, read the lyrics, or pray through it.

End by praying:

“Lord, rewrite the soundtrack in my mind. Put a new song in my mouth.”