



fellowship church

Sermon Discussion Guide

March 8, 2026 - Pastor Scott Allen

Soma Sunday: A New Song in My Mouth (Psalm 40)

Soma Home Group

Scripture: Read Psalm 40 aloud together.

Summary:

There are experiences that the Lord takes us through which He uses to put a new song in our mouths, “a song of praise to our God,” (v3). Whether we are on this side looking back (v1-10), or we are in the middle of it (v11-17), God is revealing things about Himself and giving a “song” to us that we couldn’t know or sing/proclaim/tell apart from that season. The example we have to follow from David is to not restrain or hide that “song,” but to bring it to the people of God so that in response they “say continually, ‘Great is the Lord!’” (v16). Whether you are the one who needs to share, or in a season where you need to hear a testimony of God’s faithfulness from someone else, may we be a community that regularly builds one another up this way so that “Many will see and fear, and put their trust in the LORD,” (v3).

Invite group members to share testimonies and/or needs:

Testimonies

- As you reflect on your current season, what is God revealing to you about himself? What aspects of his character ring especially true for you right now?
- Looking back on a season or situation in the past, how did you experience God’s goodness and faithfulness?

Take time to pray and thank God for the testimonies shared.

Needs

- Maybe it’s not clear how God is working in your situation. Maybe you feel like you’re still waiting patiently for him (v1), or you’re stuck in a miry bog (v2), or that evil and sin are so overwhelming that you’re losing heart (v12). Bring these

needs to the people of God, allowing them to come alongside you and cry out together with you, "LORD, be pleased to rescue me; hurry to help me, LORD (v13, CSB).

Take time to pray with those who shared needs.

Wrap-up

Read verses 16 and 17 again:

May all who seek you rejoice and be glad in you; may those who love your salvation say continually, "Great is the LORD!"

As for me, I am poor and needy, but the Lord takes thought for me. You are my help and my deliverer; do not delay, O my God!

Finish this sentence together as you wrap up: *Even though we ourselves are poor and needy, we can be filled with joy because God is _____.*

This week's guide written by: Kara Pabón

Tips for Group Leaders

- DO ask open-ended questions. DON'T ask questions where a short "right" answer ends the discussion.
- DO encourage mutual participation by every group member. DON'T feel the need to respond or weigh in after every contribution. Avoid monologuing. As the leader, your goal is to facilitate mutual discussion between all group members (Eph 4:15–16).
- DO ask follow-up questions: "What do you mean by that?" "Tell me more!" "Has anyone else experienced something similar (or different)?"
- DO feel free to pick and choose questions that are a good fit for your group. DON'T feel the need to get through every question, and don't worry if you spend most of your time on a few questions that generate a lot of good discussion.
- DO keep the main thing the main thing. Steer your conversation toward the main theme of the sermon and the biblical text. DON'T get sidetracked on less important matters, theological debates, etc. A rabbit trail might sometimes be worth pursuing—if group members are wrestling deeply with the implications of biblical truth for their lives. Otherwise, steer conversation back to the main topic.
- DO get into the text. It could be helpful to read over the passage together or ask questions directly related to the text. Help group members engage the text for themselves and respond to what they see there.
- DO revisit important moments from the sermon—a memorable story, an impactful quote, a convicting point of application. "Remember when pastor X talked about Y? What impression did that make on you?"
- DO allow space for reflection, silence, and thoughtful answers. DON'T feel that you need to jump in or ask a new question just because the group has been quiet for a few seconds. A good rule of thumb is to wait until the silence gets awkward, then count silently to ten before jumping in.
- DO bring discussions home to practical, concrete everyday life. DON'T let discussion and application stay in the abstract realm. Steer discussion toward *what does responding to this sermon look like for me?* If comments are vague or general, ask "what would that look like, practically?"