



# Welcome to Church!

We are glad you chose to join us today to worship our Lord and Savior, Jesus Christ. We hope that your stay will be both meaningful and memorable.

Here are some activities going on with us!

## ✓ Congregational Prayer & Fasting

We invite everyone to join our Congregational Prayer & Fasting on **July 6-10, 7PM**. Handouts are available to help guide you throughout the week with Scripture readings, reflections, and prayer points.

Let us set aside this time to draw near to God, align our hearts with his Word, and pray together for our church, our families, our community, and God's work among us.

## ✓ IPLC 2026

The **International Pastors & Leaders Convention (IPLC 2026)** will be held on **July 28-30** at the Living Word Banawa. Registration is ongoing.

To register, go to: [www.livingword.ph/iplc](http://www.livingword.ph/iplc)

## ✓ Small Group Leaders & Facilitators Meet-up

Pastor Nic will meet with Groups 3 & 4 on July 19, 2026, 7PM at the Center.



How can we **pray** for you?

Inviting you to join our **Prayer Meeting, Tuesdays at 7PM**. You may **send your prayer requests** and **praise reports** by text (0912 130 6148), by writing them on the prayer cards provided, or by sending us a private message on our Facebook page.



Discover life with our **Small Groups**.

Looking for **deeper connections** and a **closer walk with God**? Our small groups are where we cultivate meaningful relationships and grow in faith together. Want to join? Visit our Information Booth after the service to find the perfect group for you!



Stay for **fellowship** and **refreshments**.

Stick around after the service for **coffee** and **connection**! It's the perfect chance to meet some friendly faces, learn more about our small groups, our ministries, and discover all that our church has to offer. We'd love to see you there!



Free **Blood Pressure** and **Sugar Check-up**.

Encouraging those who wish to monitor their Blood Pressure & Blood Sugar levels to **avail of our free check-up**, happening **every after Sunday service!**



**Ways to give tithes and love gifts.**

BPI Checking                    **0421-0041-16**  
Paypal                                **@livingwordnra**  
GCash Account                **0912-130-6148**

## Our Mission

We are a church that seeks to bring glory to God, to build the local church through discipleship and to fulfill the Great Commission.

## Sunday Services

✓ **English** 10:00 AM & 1:00 PM

✓ **Cebuano** 4:00 PM

## 2nd Floor,

## Northgate Center.

across Gaisano Country Mall  
Banilad, Cebu City.

**LIVING WORD NRA**  
*Worship God. Advance His Kingdom.*

# OPEN TO WAITING

**Psalms 40:1-3**

Open: A Psalms Series on the Posture of Encounter

*Ptr. Nic Sy | July 5, 2026*

Sermon Notes

## I. THE WAITING THAT WATCHES

“waiting” | qavah (קָוָה) | “to wait, to look for, to hope, to expect.”

*True waiting means putting all our weight into the wait.*

*The kind of waiting that aims itself at God is met, not eventually, not maybe, but actually met, by a God who bends down to listen.*

**Reflect:** What does your waiting actually look like right now?

## II. THE WAITING THAT ESTABLISHES

*God does not shout advice from the edge of the pit; he reaches down and takes action.*

**Reflect:** Where are you currently tiptoeing in fear, hesitating to take the next step because you are afraid the ground won't hold you?

*Your steps become secure not because you suddenly become unshakable, but because you are standing on the One who is.*

## III. THE WAITING THAT TESTIFIES

*When God lifts us from the pit, our lives become the proof and our song becomes the invitation.*

**Reflect:** What song has been playing in your heart lately: fear, complaint, shame, control, despair, or praise?

# “OPEN TO WAITING”

## SMALL GROUP DISCUSSION GUIDE

For the week of July 6-12, 2026

### GETTING STARTED

To the facilitator: Use this section to introduce the topic. If possible, give a brief recap of the sermon.

Share a memorable point, a spiritual lesson, a personal application, a question, or something that challenged you from the sermon last Sunday.

What is one thing you find hardest to wait for: food, replies to messages, traffic to move, online deliveries, or people who say “I’m on the way” but are still at home?

### GROUP DISCUSSION

#### Read Psalms 40:1-3

1. In Psalms 40:1, the original Hebrew for “waiting” uses a repetitive device that literally reads “waiting, I waited,” originating from a picture of a cord or rope being stretched. What does this teach us about David’s posture while waiting? What does verse 1 teach us about God’s posture toward David? How is waiting for the Lord different from simply waiting for circumstances to change?

2. Psalms 40:1 tells us God “inclined” to David, meaning he bent down or leaned in to hear his cry. Why is it important to know that God is not distant or indifferent when we cry out to him? As you read of other passages where God hears the cries of his people (e.g. Exodus 2:23-25 or Psalms 34:17-18), how do those passages deepen your confidence in prayer?

3. Read Psalms 40:2 alongside Psalms 69:1-3 to see how other psalms describe these seasons of distress. What expressions do these passages tell us about the emotional and spiritual realities that believers are allowed to honestly express to God? Why is it sometimes hard to admit that we are not just struggling, but are actually stuck? What specific self-rescue project do you need to abandon so that God can do the lifting?

4. David says God “*set my feet upon a rock, making my steps secure.*” What does the imagery of a rock, a fortress, and a secure foothold communicate about the kind of stability God provides *after* a crisis? How does having your footing permanently secured by God alter the way you handle the smaller, everyday anxieties of life?

5. Read Psalms 40:3 alongside Ephesians 5:18-20. How does Paul connect spiritual transformation with the songs that come out of a believer’s mouth? Why do you think a genuine experience of divine rescue naturally manifests as a melody of praise rather than a quiet sigh of relief? What would a “new song” sound like in the life of someone who is learning to trust God?

6. As we think about waiting, rescue, and a new song, where do you personally find yourself right now: waiting in verse 1, stuck in verse 2, or beginning to sing again in verse 3? What is one honest prayer you can bring to God this week? As a group, how can we help one another wait with open hands and trust the God who still bends low?

### NEXT STEPS

*God does not waste the waiting; he turns cries into songs.*

- **Look Up.** I will turn my attention to God while I wait instead of obsessing over the delay.
- **Let Go.** I will surrender the timeline, the outcome, and the need to control everything to the Lord.
- **Stand Still.** I will let God place my feet on what is solid: his truth, his grace, and his faithfulness.
- **Sing Loud.** I will share what God has done so others may be encouraged to trust him.

### CLOSING THE SESSION

Close the session by taking the time to pray for one another. Consider the following as you pray:

- Pray for open hands to wait on God, honest hearts to cry out to him, steady feet to stand on his faithfulness, and renewed songs that help others trust in the Lord.
- Pray for relationships to grow with other Christ-followers, that you will encourage and care for one another.
- Pray for your unsaved family, friends, and loved ones.
- Pray for protection, provision, healing and comfort for everyone who’s going through physical, emotional, mental and spiritual pain.

### BIBLE READING GUIDE

July 6	<b>Psalms 19:1-4</b>
July 7	<b>Psalms 46:1-3</b>
July 8	<b>Psalms 42:1-4</b>
July 9	<b>Psalms 27:4,8,13-14</b>
July 10	<b>Psalms 130:1-6</b>
July 11	<b>Psalms 106:13-23</b>
July 12	<b>Psalms 106:24-31</b>

