



**Discussion Questions**  
**Waiting**  
**Week 02 // How to Wait Well**

1. **Read Psalm 37:1-2**

In this passage, David reflects on a difficult time of waiting and tells us not to “fret” (a word about anger, fear, worry, concern, and frustration).

Where in your life are you tempted to “fret” these days?

2. **Read Psalm 37:3**

What competes with the Lord for your trust in life?

How have you experienced doing good as helpful in a time of waiting?

Where is your safe pasture these days? (A place of peace and enjoyment in the midst of life’s struggles.)

3. **Read Psalm 37:4**

When we delight in the Lord, he tends to rewire our desires. Why is this so important in the midst of waiting?

4. **Read Psalm 37:5**

Obedience to God is hard when waiting is difficult and lengthy. Where are you tempted to wander away from God for escapism or distraction?

What would a commitment to God look like for you in those places?

5. **Read Psalm 37:7a**

We often think of patience as something we do or don't have, but this verse indicates that it's something we choose.

Where do you need to choose patience in waiting right now, and what specifically will you do and not do?