



FORMED BY THE WORD

A 6 PART STUDY ON THE BIBLE & SPIRITUAL GROWTH

Session 3: Hope in the Waiting

Where is God when nothing is happening?

Introduction – When God Feels Quiet

There are moments in the life of faith when things seem clear.

You pray—and you sense direction.

You act—and you see movement.

You trust—and something changes.

But there are also seasons when everything becomes quiet.

- You pray, but nothing seems to happen
- You wait, but nothing seems to move
- You trust, but nothing seems to change

These seasons can feel confusing, even discouraging.

Psalm 119 does not ignore this reality.

It speaks directly into it.

Read Scripture: Psalm 119:49–50

The psalmist does not begin with resolution.

He begins with a promise.

This reveals an important truth:

When God feels quiet, faith does not depend on what we see.

It depends on what God has already said.

Reflection

In what area of your life do you currently feel like you are waiting on God?

Movement 1 – Holding to God’s Promise in the Silence

The psalmist anchors himself in something specific:

Read Scripture: Psalm 119:49–56

He asks God to remember His promise—not because God has forgotten, but because *he is struggling to hold onto it*.



Notice what the promise does:

- it gives hope
- it brings comfort
- it sustains him in difficulty

The circumstances have not changed.

But the promise changes how he endures them.

Read Scripture: Hebrews 11:1

Faith is described as confidence in what we hope for—even when we do not yet see it.

Read Scripture: Lamentations 3:21–23

Hope is sustained by remembering who God has proven Himself to be.

This shows us:

- Waiting does not remove pressure
- Waiting reveals what we are anchored to

Reflection

Read Psalm 119:49–50.

What does the psalmist say gives him hope in the middle of his trouble?

According to this passage, what is the role of God's promise during difficult seasons?

Movement 2 – Waiting Reveals What We Trust

The psalmist does not pretend waiting is easy.

Read Scripture: Psalm 119:51–56



He experiences:

- opposition
- pressure
- emotional strain

And yet he says, “I do not turn away.”

Waiting exposes what we truly rely on.

When circumstances are stable, it is easy to say we trust God.

When everything slows down, that trust is tested.

Read Scripture: James 1:2–4

Testing produces endurance.

Read Scripture: 1 Peter 1:6–7

Faith is refined through trials.

This means:

Waiting is not empty time.

It is refining time.

Reflection

Read Psalm 119:51–52.

How does the psalmist respond to opposition and discouragement?

What do you tend to rely on when life feels uncertain—your emotions, your circumstances, or God’s Word? What has been the result of that in your life?

Movement 3 – Relationship Deepens in the Quiet



In the next section, the psalmist shifts from promise to relationship.

Read Scripture: Psalm 119:57–64

He says, “You are mine.”

This is not about possession—it is about belonging.

Notice the order:

- identity comes first
- obedience follows

He does not say:

“I will obey so that I can belong.”

He says:

“I belong—therefore I will obey.”

Read Scripture: Romans 8:14–17

Believers are children of God.

Read Scripture: John 15:4–5

Abiding in Christ is the source of fruitfulness.

This reveals something important:

When God feels quiet, we do not move away.

We move deeper into relationship.

Waiting is not a signal to withdraw.

It is an invitation to draw closer.

Reflection

Read Psalm 119:57–60.

What does the psalmist say about his relationship with God?

How does his identity (“You are mine”) influence his response in these verses?



Movement 4 – Reinterpreting Difficult Seasons

The psalmist then reflects on hardship differently.

Read Scripture: Psalm 119:65–72

He says something unexpected:

“It was good for me to be afflicted...”

This does not mean suffering itself is good.
It means God used it for something good.

Read Scripture: Romans 8:28

God works all things together for good.

Read Scripture: Hebrews 12:10–11

God uses discipline to produce growth and righteousness.

Affliction can:

- expose misplaced trust
- deepen dependence on God
- reshape priorities

The psalmist realizes that without difficulty, he might not have paid attention.

Reflection

Read Psalm 119:67 and 119:71.

What does the psalmist say his affliction produced in him?

Looking back, can you identify a difficult season where God used hardship to shape or grow you?



Movement 5 – Identity and Hope in the Waiting

The psalmist closes by grounding himself in identity.

Read Scripture: Psalm 119:73–80

He begins with creation:

“You made me...”

When everything feels uncertain, he returns to what is unchanging:

- God created him
- God knows him
- God is still at work

Read Scripture: Isaiah 64:8

God as the potter, we as the clay.

Read Scripture: Philippians 1:6

God completes what He begins.

Waiting does not erase identity.

It deepens it.

And then he shifts outward:

- his faith becomes encouragement to others
- his hope becomes visible

This shows that waiting is never wasted.

Reflection

Read Psalm 119:73–75.

What does the psalmist say about God’s role in his life, even during hardship?



How does remembering that God created and formed you change how you view your current season?

Summary – Hope in the Waiting

Psalm 119 teaches us that waiting is part of the life of faith.

- We hold to God's promises
- Waiting reveals what we trust
- Relationship deepens in the quiet
- God uses difficulty to form us
- Identity remains secure in Him

The question is not:

“Why isn’t anything happening?”

But:

“What is God forming in me while I wait?”

Final Reflection

What is one promise of God you need to hold onto in your current season?

Practice for the Week

This week, focus on anchoring yourself in God's promises.

- **Read** – Psalm 119:49–80 slowly
- **Write** – Identify one promise from Scripture each day



- **Return** – Revisit that promise throughout the day
- **Respond** – Pray honestly about what you are waiting for

Additionally:

At the end of each day, write one way you saw God at work—even if it was small.

The goal is to train your heart to recognize that God is still present, even in the waiting.

