



## HELP, I'M STUCK 1 At the Bottom of a Pit



**DAVID'S PIT (Psalm 40:1-3)** ... See also verse 12-17

- \* He FELL from GRACE, resulting in great SHAME ... Could have been a PIT of GUILT.
  - \* No doubt, he felt FAR from GOD when he realised how GRAVELY he'd SINNED ... A PIT of DOUBT?
  - \* Bathsheba's child DIED leading to DISAPPOINTMENT and DESPAIR ... Could have been a PIT of SADNESS
  - \* We know he was PERSECUTED, hence FEAR and ANXIETY ... Maybe a PIT of WORRY?
  - \* He had awful RELATIONSHIP BREAKDOWNS, so he could have been battling UNFORGIVENESS ... A PIT of BITTERNESS?
  - \* Perhaps, he had a BROKEN HEART ... Thus, a PITY PIT?
- *Have you been in any of those pits? Which would be the worst?*

### **HAVE YOU EVER BEEN STUCK?**

Stuck in a RUT? ... Stuck in a DESTRUCTIVE relationship?

... Stuck in FEAR? ... Stuck in DEPRESSION?

→ *Tell the story: Have you ever been stuck in a pit? How did you get out? Are you still stuck?*

→ *When you're in a pit, why can't you get out? What do you do that only makes it worse? Why is 'miry clay' an effective metaphor?*

### **WHAT DOES THE BIBLE TEACH US?**

- \* Jesus certainly TAUGHT that there would be PITS on the JOURNEY (John 16:33)
- \* The apostle PAUL was no stranger to CRISIS (2 Cor 11:23-28, Romans 5:3-4)

However, Psalm 40 is David's SONG of DELIVERANCE

- \* God is a DELIVERER ... He's in the business of REDEMPTION ... He is the One who is 'MIGHTY to SAVE.'
  - \* In God's economy, a PIT is NEVER WASTED (Romans 8:28).
- *Are pits of your own making or is it possible to find yourself in through no fault of your own? What Biblical examples can you think of?*
- *How does God use pits for your good? What good? Are you different now because of pits you've escaped from in the past? How so?*
- *How does the enemy use pits? How does he get you in there? How does he keep you in there?*

### **3 TEACHING POINTS FROM PSALM 40**

1. We have a GOD who HEARS our CRY (v1)
  - \* The Good News: It doesn't matter how DEEP your PIT, how MIRY the CLAY, how HOPELESS the SITUATION, you can TURN to GOD and He will HEAR YOUR CRY.

→ *"Waiting, apparently, is very good for us." Discuss! What does waiting entail? What does it not entail?*

Trouble is, we're trained to:

a) SELF-HELP b) MEDICATE c) DENY

→ *Does the world teach you to resort to these? How? Why don't they work, ultimately?*

But, we have a God who hears our cry: Who sent His SON, shed His BLOOD and spoke His WORD.

→ *Do you instinctively turn to God? How? If not, where do you tend to turn?*
2. God is the ONLY WAY OUT (v2)
  - \* Whatever the QUESTION, this is the ANSWER. Whatever the PROBLEM, this is the SOLUTION. Whatever the PIT, this is the DELIVERANCE.

MESSIANIC narrative:

  - \* Man FELL into a PIT of SIN.
  - \* They kept DIGGING themselves, DEEPER and DEEPER.
  - \* They tried to FIX it themselves, but just made it WORSE.
  - \* But God sent JESUS to REACH down from heaven and PULL us out (Psalm 95:1, Matthew 1:21, John 3:17, Acts 2:21, Isaiah 61:1, 2 Timothy 4:18).

→ *Can you see the Cross & Resurrection in Psalm 40:1-3? If so, how?*

→ *What does it mean to be 'delivered?' What about 'saved?' @Redeemed?*
3. God can turn your TEST into a TESTIMONY (v3)
  - \* Never FORGET your TESTIMONY .... Never STOP SINGING your SONG ... Never LOSE your sense of AWE (Revelation 12:11)

→ *"Your test becomes your testimony ... Your deliverance becomes what defines you ... Your salvation story becomes spiritual sword." Discuss!*

We all become:

  - a) MINISTERS: To SERVE people in pits.
  - b) PRIESTS: To help people in pits FIND GOD.
  - c) TEACHERS: To teach people the TRUTH needed to exit their pit.
  - d) WITNESSES: To tell everyone how good God is at RESCUING people from their pits.

→ *Do you agree with the statement, "we all become?" Which of those roles do you or have you played? Which would you like to play and how might you get there?*