

From Pit to Praise

The Process from Pit to Praise!

Waiting for God to help us *is not easy*, But David received **four benefits from waiting.**

1 God lifted him out of his despair

2 God set his feet on a rock

3 God gave him a firm place to stand

4 God put a new song of praise in his mouth...

Psalm 40:1-3 - For the director of music. Of David. A psalm.

¹ I **waited patiently** for the LORD;
he turned to me and **heard my cry.**

² **He lifted me out of the slimy pit,**
out of the **mud and mire;**
he **set my feet on a rock**
and **gave me a firm place to stand.**

³ **He put a new song in my mouth,**
a hymn of praise to our God.
Many will see and fear the LORD
and put their trust in him.

- ***The Comparison of Sin to the Mud and Miry clay.***
- ***We find here first of all that the Bible compares sin to the miry clay.***

A cry of distress in a sea of trouble...

Psalm 69:1-2 -For the director of music. To the tune of "Lilies." Of David.

¹ Save me, O God, for the waters have come up to my neck.

² ***I sink in the miry depths,*** where there is no foothold. I have come into the deep waters; the floods engulf me.

One of the **most quoted** psalms in the New testament..

- It is often applied to the **ministry and suffering of Jesus...**

Psalm 69:14

¹⁴ **Rescue me from the mire**, do not let me sink; deliver me from those who hate me, from the deep waters.

- **Miry clay** is like a thick mud, likened unto quicksand.
- ***Every one of us have been stuck in the quicksand of sin!!!!!!***

Three ways I believe that mire resembles sin....

1. The more you struggle to pull yourself out, the further you sink
2. The mire will eventually pull you to the bottom
3. The only way out is for someone to pull you out

Three Things David Did

1. He patiently waited - This is the right kind of waiting.

- He patiently waited.
- Too often **what we call waiting** is filled with a fearful impatience.

2. He Cried To The Lord

- David chose to use his words and ***express his heart directly to God.***
- How often, when we are frustrated or in trouble, do we **express our emotions and feelings with everyone but God?**

2 Cor. 7:10 - **Godly sorrow brings repentance** that leads to salvation and leaves no regret, but **worldly sorrow brings death.**

Compare: Peter's remorse and repentance...Judas's bitterness and act of suicide,,, BOTH disowned Jesus!!!

Godly Sorrow – refers to the sorrow for our sins – **results in changed behavior...**

Worldly sorrow - People are sorry for the effects of their sin – **being caught...**

3. He Got A New Testimony

But at the end of David's waiting, God proved faithful in rescuing him, strengthening him, and anchoring him even more deeply in the place of trust in God.

Six Things God Did For David:

1. ***He Inclined To Him*** - Can you picture ***God leaning over toward David listening, believing, and then responding?***

- He's a **good GOD** - **Who desires to help His children**.
- ***Sometimes what we most need to happen requires His work*** –
- In a lot of people and places
- ***In addition to what He needs to do in us.***

2. ***He Lifted Him Up***

-David was in the pit, so to speak. ***Ever been there?***

One thing about being in a deep pit, **somebody above you has to help you before you can get out.**

- **David trusted and waiting until God let down the rope.**

Know what I mean?

- ***You may feel that way today, stuck in a pit, waiting on a rope*** -
- Not even sure **if anyone, including God, knows that you are there or even cares that you are there.**

But David waited patiently on the Lord –

- ***Which means He knew the rope was coming*** -
- ***He just had to trust God to do it the way He (God) wanted to do it.***

You see, **if a legalist came by** and saw a sinner in a pit, he would preach a sermon about the dangers of the pit.

If a religionist came by and saw that same sinner in that pit, he would talk about steps the sinner could take to help him get out of that pit.

If a pessimist walked by, he would tell the sinner he is going to die in that pit.

If an optimist passed by, he would tell the sinner that he had seen worse pits than that.

If a realist walked by, he would tell that man to just accept his pit.

If a spiritualist came by, he would tell the sinner that there is no pit.

But, if Jesus came by, He would ***get into the pit with that sinner and lift him out***.

That is just what Jesus did for each of us.

- ***He robed Himself*** in human flesh, ***Entered the pit*** of this world for us!!!!
- And ***died for us*** on the cross!!!!

Philippians 2:5-9 – ***Your attitude should be the same as that of Christ Jesus***

⁶Who, being in very nature God, ***did not*** consider equality with God something to be used to his own advantage;

⁷rather, ***he made himself nothing*** by taking the very nature of a servant, being made in human likeness.

⁸And being found in appearance as a man, ***he humbled himself*** by becoming obedient to death— even death on a cross!

⁹Therefore ***God exalted him*** to the highest place and ***gave him the name*** that is above every name,

Jesus was humble -

- Willing to give up his rights -
- In order to ***obey God and serve people...***

Like Christ –

- We should have a servants attitude –
- ***Serving out of love*** for God and for others -
- ***NOT out of guilt or fear...***

3. *He Set Me Down*

-Isn't it grand to know that ***God doesn't stop*** when He gets us out of the pit; but, that **He also** sets our feet on the rock?

That's a great place to be **when you have** spent a lot of time in a miry pit.

- ***Our rock is Christ.***
- ***He has seated us in Christ.***
- ***He is the unshakable foundation*** of our very lives as believers.

Psalm 95 - O come, let us sing unto the LORD: ***let us make a joyful noise to the rock of our salvation.***

4. *He Established His Steps*

This is a picture of God guiding and marking out the path for us.

- This in itself *may* ***keep us out of many a pit.***
- ***Not*** all of them, Sometimes like Joseph, ***others may toss us into the pit.***
- ***God establishes our steps.***
- ***He controls our destiny*** as we place ourselves in His hands.

He established me!

- ***He founded*** me with Faith
- ***He grounded*** me with Grace
- ***He settled*** me with his scripture

5. *He Put A New Song In His Mouth* - This must have been ***a song of deliverance.***

I wonder what it would sound like today.

- Can you think of a song of testimony that tells of how God has rescued someone? ***Amazing Grace – MY chains are gone, I've been set FREE!!!***
- ***God loves the praise*** that proceeds from our singing...

The mouth can sing because the heart has been helped.

When this Psalm began, ***David was not talking about singing but about crying.***

6. He Created A Testimony To Bring In Others

-Christ is glorified when we share our story with others.

He uses it through the power of Holy Spirit to bring forth the praise of others.

- **Your testimony is one of the most powerful things you can share with people....**
- **It opens their hearts to the Lord.**
- Telling the story of **how Jesus' life and love changed us** –
- Moves **their hearts toward Him.**

Close:

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A cry of distress in a sea of trouble –

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He patiently waited - He Cried To The Lord - He Got A New Testimony.....

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