



## 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 and put their trust in the LORD.

## Perils OF THE PIT

I waited

- ▼ **Waiting** can lead to **wondering** and **wandering**
- ▼ **Mystery** can lead to **misunderstanding**
- ▼ **Helplessness** can lead to **hopelessness**
- ▼ **Forgetfulness** can lead to **faithlessness**
- ▼ **Anxiety** can turn to **anger**, and **anger** can turn to **apathy**, and **apathy** can turn to **agnostic** and **atheistic articulations**
- ▼ The **earthly** can **eclipse** the **eternal**
- ▼ And a **perceived pit** can **provide** a **perfect place** for a **pretty poisonous pity party**

## Patience and perspective IN THE PIT

I waited patiently for the LORD;

- ▼ **Hold to the Lord** — I waited patiently
- ▼ **Hope in the Lord** — for the LORD

## Pulled FROM THE PIT

He turned to me and heard my cry.

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.

- ▼ **Our Lord is a lover** — he turned to me
- ▼ **Our Lord is a listener** — and heard my cry.
- ▼ **Our Lord is a lifter** — He lifted me out of the slimy pit, out of the mud and mire;
- ▼ **Our Lord is a landscaper** — he set my feet on a rock and gave me a firm place to stand.

## Praise AFTER THE PIT

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

- ▼ **Stand and stare** — he set my feet on a rock and gave me a firm place to stand.
- ▼ **Sing the song** — He put a new song in my mouth, a hymn of praise to our God.
- ▼ **Share the story** — Many will see and fear and put their trust in the LORD.

1. **This is the story of our salvation.**
2. **These are the stories of our spiritual survival.**