



TRANSFORMATION

at King Street Church

Spiritually **alive**.

Relationally **connected**.

Missionally **engaged**.

**Relationally
Connected**

**Missionally
Engaged**

Spiritually Alive





**How do I experience
Spiritual Life when
I'm in the Pit of
Discouragement?**

Psalm 40

Psalm 40

In the Past { **Verses 1-10**
~ *"God, you have been there for me!"*

Right Now { **Verses 11-17**
~ *"God, I need you again!"*

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

“My dear, if you would only recognize that life is hard, things would be so much easier for you.”

Louis Brandeis

Supreme Court Justice (1916-1939)

**Words spoken to his frustrated,
impatient daughter**

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

“I have told you all these things so that you will not fall away. They will put you out of the synagogue...”

John 16:1

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

“I have told you all these things so that you will not fall away. They will put you out of the synagogue...”

“I have told you these things so that in me you may have peace. In the world you will have trouble and suffering, but take courage – I have conquered the world.”

John 16:33

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

“He lifted me out of the slimy pit...”

Psalm 40:2

NASB: “the pit of destruction”

KJV: “a horrible pit”

RSV: “the desolate pit,^[a]”

^[a]*Hebrew: “pit of tumult”*

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

“He lifted me out of the slimy pit...”

Psalm 40:2



Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)



Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)



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

I sink in the miry depths, where there is no foothold.

I have come into the deep waters; the floods engulf me."

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

2. You gotta cry (v. 1)

***"I waited patiently for the Lord;
He turned to me and heard
my cry."***

Psalm 40:1

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**

***"I am worn out from my groaning.
All night long I flood my bed with
weeping and drench my
couch with tears."***

Psalm 6:6

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**

***"I am worn out calling for help;
my throat is parched."***

Psalm 69:3

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

2. You gotta cry (v. 1)

**But our cry can't just be
to other people...**

Our cry must be to God.

...see v. 4

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

2. You gotta cry (v. 1)

“Do not put your trust in princes, in human beings, who cannot save. When their spirit departs, they return to the ground; on that very day their plans come to nothing. Blessed are those whose help is the God of Jacob, whose hope is in the Lord their God.”

Psalm 146:3-5

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**
- 3. Wait for it (v. 1)**

"I waited patiently for the Lord..."

Psalm 40:1

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

2. You gotta cry (v. 1)

3. Wait for it (v. 1)

***Knowing this guards our hearts
from unbelief when the helps
seems slow in coming.***

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**
- 3. Wait for it (v. 1)**

*"In His time; In His time.
He makes all things beautiful in His time.
Lord please show me every day,
As you're teaching me your way,
that you do just what you say in your time."*

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

2. You gotta cry (v. 1)

3. Wait for it (v. 1)

4. Rescued! (v. 2)

***The essence of being rescued is
the restoration of that strong
feeling of God's nearness and help.***

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)
2. You gotta cry (v. 1)
3. Wait for it (v. 1)
4. Rescued! (v. 2)

**God doesn't always do what
we want Him to do.**

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**
- 3. Wait for it (v. 1)**
- 4. Rescued! (v. 2)**

But He is ALWAYS WITH US.

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**
- 3. Wait for it (v. 1)**
- 4. Rescued! (v. 2)**

Protection. Forgiveness. Deliverance.

...see vv. 11-13

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**
- 3. Wait for it (v. 1)**
- 4. Rescued! (v. 2)**
- 5. A new song (v. 3)**

Worship is a Spiritual Weapon!

Psalm 40:1-3

~ A Pattern of Life ~

1. Pits are part of life (v. 2)

2. You gotta cry (v. 1)

3. Wait for it (v. 1)

4. Rescued! (v. 2)

5. A new song (v. 3)

~ 2 Chronicles 20 ~

Psalm 40:1-3

~ A Pattern of Life ~

- 1. Pits are part of life (v. 2)**
- 2. You gotta cry (v. 1)**
- 3. Wait for it (v. 1)**
- 4. Rescued! (v. 2)**
- 5. A new song (v. 3)**
- 6. So that others see & are saved (v. 3)**

It's never all about you.



**The whole story turns out to be a lesson in
personal evangelism...**

winning others to Christ.

**When you find yourself in a pit,
cry out to the Lord like a helpless child.**

Wait patiently for the Lord.

**And when he comes — in His time —
and makes you secure, then sing a new song
to His grace so people can see and fear
and put their trust in the Lord.**

