

## **HANDLING LIFE'S PIT STOPS**

### **Psalm 40:1-10**

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

<sup>2</sup> *He brought me up out of the pit of destruction, out of the miry clay,  
And He set my feet upon a rock making my footsteps firm.*

<sup>3</sup> *He put a new song in my mouth, a song of praise to our God;  
Many will see and fear  
And will trust in the Lord.*

<sup>4</sup> *How blessed is the man who has made the Lord his trust,  
And has not turned to the proud, nor to those who lapse into falsehood.*

<sup>5</sup> *Many, O Lord my God, are the wonders which You have done,  
And Your thoughts toward us;  
There is none to compare with You.  
If I would declare and speak of them,  
They would be too numerous to count.*

<sup>6</sup> *Sacrifice and meal offering You have not desired;  
My ears You have opened;  
Burnt offering and sin offering You have not required.*

<sup>7</sup> *Then I said, "Behold, I come;  
In the scroll of the book it is written of me.*

<sup>8</sup> *I delight to do Your will, O my God;  
Your Law is within my heart."*

<sup>9</sup> *I have proclaimed glad tidings of righteousness in the great congregation;  
Behold, I will not restrain my lips,  
O Lord, You know.*

<sup>10</sup> *I have not hidden Your righteousness within my heart;  
I have spoken of Your faithfulness and Your salvation;  
I have not concealed Your lovingkindness and Your truth from the great  
congregation.*

***In Psalm 40, David speaks of being in a pit of destruction, a horrible pit. It's the picture of a slimy, mud pit. The symbolism is one of sadness, hopelessness that was written during David's son Absalom's rebellion. He tried to destroy his own father. He was in an impossible situation.***

***When did David write Psalm 40? Some believe he wrote it when he was the special object of King Saul's hate—the pit of rejection. Maybe it was***

written during David's son Absalom's rebellion. He tried to destroy his own father. He died a violent death—the pit of family trouble, the consequences of sin. David, the Giant of the Faith, had \_\_\_\_\_.

Maybe you are experiencing a prolonged pit stop.

Let's look into the pit and see what David did by looking at 10 Words:

I \_\_\_\_\_

*“And heard my cry...”*

*Psalm 40:17b*

II \_\_\_\_\_

*“I waited patiently for the Lord...”*

III \_\_\_\_\_

*Psalm 40:2*

*In Verse 1, “And He inclined to me...”*

IV \_\_\_\_\_

*Psalm 40:3 “And He put a new song in my mouth.”*

*“...a song of praise to our God.”*

V \_\_\_\_\_

*Psalm 40:3*

**VI** \_\_\_\_\_

**Psalm 40:4**

**“How Blessed”**

**“Who has made the Lord his trust...”**

**“And has not turned to the proud.”**

**1. Don't place your confidence in \_\_\_\_\_**  
**“Nor to those who lapse into falsehood.”**

**2. Don't place your confidence in \_\_\_\_\_**

**VII** \_\_\_\_\_

**Psalm 40:5**

**VIII** \_\_\_\_\_

**Psalm 40:6**

**“My ears hast thou opened.”**

**IX** \_\_\_\_\_

**Psalm 40:8**

**1. \_\_\_\_\_ It**

**2. \_\_\_\_\_ It**

**3. \_\_\_\_\_ In It**

**X** \_\_\_\_\_

**Psalm 40:11**