

Summer Psalms - Part 6 "Out of the Pit"

This Week's Memory Verse Focus

*"He lifted me out of the pit of despair, out of the mud and the mire.
He set my feet on solid ground and steadied me as I walked along."
Psalm 40:2*

2016 Theme:

Transformation because nothing else matters (Galatians 6:14-15)

Ask yourself and apply to your daily prayer:

How can I apply the theme to my daily living and connect that understanding in my active part of the local Body of Christ where I am committed at HCC

Current Series Title:

Out of the Pit – Summer Psalm Part 6

Ask yourself how does the current series help you to understand the importance of applying to daily living the 2016 theme "Transformation, because nothing else matters"

Extended Verse Study:

1:	Read	Psalm 40
2:	Read	Psalm 6:6-7
3:	Read	Psalm 55:16-17
4:	Read	Psalm 39:7
5:	Read	Psalm 130:5
6:	Read	Galatians 6:14-15

FOR THE GROUP: Working it out together

1. Pastor A.J. said, "David was stuck in this place of constant noise and calamity." How is being stuck in despair different than having problems that arise in life?
2. The natural reaction of being stuck is to move to get free. Have you ever felt unable to move freely out of your problems to where it left you desperate for the hope to break free? Explain.
3. Pastor A.J. said, "We usually do one of two things when there is a problem- 1. Act like we don't have a problem. 2. Go to everyone else but God for our issues." What steps do you take when the storms of life raise the flood of problems that make you feel trapped?
4. David cried out and trusted God enough to tell God how he really felt. Read Psalm 6:6-7. When you talk to God are you ashamed to say how you really feel even if it is hopelessness or do you bare all even your vulnerable state of feeling so stuck you can't move?
5. Pastor A.J. said, "It's a beautiful thing when a broken person genuinely cry out to God, not someone who is too proud to cry out to God but someone willing to admit they need Him and put all their hope and trust in Him." Have you ever felt because of your relationship with God you should not admit you feel despair thus you do not come to God with your true feelings? Explain.
6. Read Psalm 39:12-13. In many places in scripture David cried out to God. What did David do in Psalm 40:1?
7. What does it mean to wait on the Lord?

FOR THE INDIVIDUAL: Take Away

When you are in the deepest, darkest, pit of despair in life

1. Cry out to God
-Come to God in your truest self- vulnerable – with your true feelings seeking His help
2. Wait patiently for God's deliverance
-Don't try to do God's work- wait on Him to rescue you-It doesn't mean do nothing- it means become a waiter-serve the Lord- Philippians 2:12-13 You work serving the Lord. God works in you.
3. Praise God
-When God delivers you from a storm don't forget to sing your song of thanksgiving praise to Him sharing with others what He has done for you.
-then let the joy of knowing God will never leave you or forsake you be the strength of every trial you face, every place of despair and being stuck, cry out your truest feelings then praise Him -- if nothing else --the Cross is worthy of continual praise.