

HOW TO GET OUT OF THE PIT

We need to be honest about and accept whatever we are going through right now.

God has allowed it to happen for some reason and we need to learn from it.

We need to remember that God still loves us.

The Israelites doubted God and complained in the desert, which did not please God.

When things are not going right for us, we are tempted to get caught up in self pity.

4 steps to get out of the pit:

1. Know that God loves us.
2. Embrace where we are right now.
3. Seek the Lord fervently to find out what we need to do.
4. Obey.

We need to understand and accept that God loves us.

That is foundational, we cannot benefit from our Christian walk without that.

Life is tough, the storms will come, but the Lord promises that He will be with us through them.

The whole reason God gave us His law, was to show that we cannot do it on our own.

We have to surrender to Him and trust Him to guide us through it.

When times are tough, we need to remember that God still loves us, that our circumstances are not evidence that God hates us.

God allows things in our lives to change us, even negative things, especially negative things.

We need to use our energy to seek God, not use it to complain, worry, express anger or frustration or try to solve our own problems.

If we don't accept God's change in our lives, we fail.

Some people make it all the way to the last step, but then decide not to obey.

To obey can often be the hardest step.

When the Lord shows you something, don't forget to do it.

SCRIPTURE LIST

Numbers 11

Psalm 103:8-11

Luke 22:39-46

Ephesians 4:1-2

Daniel 6:19-23