



# MESSAGE NOTES

## When your life feels like a slimy pit

**Psalm 40:2**

**Loyd Flaherty**

### **Psalm 40:2**

“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.”

#### **1. The slimy pit of self-pity**

“Why did this happen to me?” “Why am I so unlucky?” “Why me?” We all experience pain, sorrow, and disappointments in life. Focusing on our misfortunes destroys us. Self-pity is defined as: “Excessive, self-absorbed unhappiness over one’s own troubles.”

#### **2. The heart-hardening power of self-pity**

Self-pity is a dangerous, deceitful, heart-hardening sin.

**Hebrews 3:13** “But encourage one another daily, as long as it is called “Today,” so that none of you may be hardened by sin’s deceitfulness.”

#### **3. There is a way out of the pit**

##### **a. Ask God for help**

It is typically hard to let go of because we must admit our wrongs when we think we have a right to feel sorry for ourselves.

**2 Corinthians 12:9** “But he said to me, “My grace is sufficient for you, for my power is made perfect in weakness.” Therefore I will boast all the more gladly about my weaknesses, so that Christ’s power may rest on me.

##### **b. Be honest to yourself.**

Don’t focus on what you don’t have, but remember what you do have. **Philippians 4:12**

##### **c. Repent to God for the sin of self-pity.**

Hanging on to it is a sin. It’s hurting you to keep it. Even if you’ve truly suffered injustice, grief or some other setback in life, don’t let it keep you from being freed up. Toss it away. Don’t keep it.

**Hebrews 12:1**

#### **In faith take the next step God gives you.**

God will give you the powerful grace to see and to take the next step. Don’t give up until you get completely out of the pit and onto the solid Rock.

[Communion Sunday today]