

**My child you worry too much! I've got this...remember?
Love, God.**

**“I Got You!”
Psalm 40:1-5**

This particular Psalm King David wrote. He was one of the great kings of Israel. David was a mighty warrior most popular for slaying Goliath. David is also popular for being the man after God's own heart. As blessed as King David was and as much success as he had in his life, David often found himself in troubling situations. In spite of the many hardships he faced whether through his own choices or through no fault of his own David always made his way back to having a thankful heart. God always seen David through and David always made it to the other side.

Wait Patiently...

In verse one David states “I waited patiently for the Lord to help me...” Now patience can only be developed under trial. Patience is your attitude toward your situations while you are waiting for God to change it and this virtue can only be brought about by waiting. Waiting on God is no easy task. You often become frustrated, angry, disappointed and confused while waiting on God. In **2 Peter 3:8**, it states that 1,000 years is equal to 1 day in God's timing. What does that mean to you? It means you are bound by time but God is not. Time exists because God created it.

When He created the heavens and earth and when He created the seasons God created time.

Revelations 1:1 puts it this way, “I am the Alpha and the Omega-the beginning and the end. I am the one who is, who always was, and who is still to come-the Almighty One.” God shares who He is and what He has done to give you a corrected perspective. The world's way of viewing things has been distorted by Satan and by sin meaning as a child of God you cannot view things as the “world” does. You must have a confident expectation that God will do what His Word states He will do! You are not promised a life without trouble but on the contrary

John 16:33, Jesus tells you here on earth you will have many trials and sorrows. He follows that statement up by stating He has overcome the world and in that statement alone your heart should be comforted. Though your situation has not presently changed you are moving toward change. There is a story of certain pastor whose son died due to an electrician's error. While working to get ready for a conference the pastor's son was electrocuted. The pastor was outraged; he was full of grief and sorrow for his child. This pastor posed this question to God, “Where were you when my son died?” God responded, “The same place I was when my Son died.” You are not alone! God is omnipresent. He is everywhere all of the time and He has promised in His word, He will never leave you nor will He forsake you (**Hebrews 13:5**).

What Are You Saying?

In times of difficulty you often find that your perspective has become skewed. You begin to speak negatively. You start to believe things aren't changing. Think over your current situation.

What have you been saying? Are you speaking Life into this situation or are you speaking death? (**Proverbs 18:21**) Instead of worrying express to God what you want. **Psalm 50:10**, states He owns everything so His supply of resources to help you is endless. There is opportunity available for you to talk to God. How do you respond when issues arrive? Do you find yourself running from the church? Why would you run from the place where you can be healed? If you were sick you wouldn't run from the hospital! As Christians we are to build each other up and to help each other through. If you speak positively a positive attitude will overtake your negative attitude. (**Romans 12:21**)

A Pit Experience.

A pit experience is a low place; it's a dark place full of despair, depression and loneliness. It's a place of frustration! In David's pit experience God heard his cry. In order for God to hear David that means He was there with him and God is in the pit with you. No matter how hopeless you may feel God is with you. In **Hebrews 4:15**, it tells you that Jesus your High Priest can sympathize with your weaknesses. He knows what you feel but He also knows this pit experience will not defeat you but will encourage and strengthen your faith in God. Jesus understands the battle you are in; the battle of the spirit versus your flesh. You know and understand anything living will die if you starve it. In the same manner you must starve your flesh by feeding your spirit. Feed your spirit through the Word of God and through prayer. Keep your confessions positive and watch as things slowly begin to change.

Inside of the pit is mud and mire; in other words you can become stuck. You may feel stuck in your current situation maybe because it was through someone else's choices that got you were thrown into the pit. Maybe you have just been stuck in the same pit for so many years you feel like things will never change. Maybe you realize there is a problem and the more you do to get yourself out of the pit, the deeper the hole gets. You have been trying within your own strength to bring about a change. This time rely on God's strength to get you out. Whether you jumped in the pit, fell in the pit or was thrown in the pit none of that matters you have been forgiven and help is available to you. In **Genesis**, Joseph was thrown into the pit by his brothers but God had a plan for that pit experience and God has a plan for yours too! If you read the story of Joseph you will know and understand that God spoke to Joseph through a dream and he was thrown into the pit. On the other side of the pit Joseph's dream came to past. Why? Because Joseph kept God as his first priority and he never stopped relying on God to get him through. God has given you a dream and you can't allow the pits of life to try and stop you from fulfilling your dreams. God created a whole nation out of Joseph's dream and faithfulness. God used Joseph's pit experience to save his brothers and their families. God will use your pit experience to save others! Never stop believing God, whether you are presently homeless, without a car or a job

only **Remember!** God's got you! He is able to do exceedingly and abundantly above all you can ask or think according to the power that works from the inside of you!