

## He Lifted Me

- *Psalm 40:1-3*

- **What a tremendous joy to be back in the house of God again this Sunday & thank each of you for being here & honoring the Lord through your worship today.**
  - Last Sunday was a day of tremendous services. It started Sunday morning with a praise service where the choir blessed our hearts & many of you took the opportunity to thank the Lord for what He has done & is continuing to do in your own lives.
  - And then Sunday night, we nailed some things to the Cross once and for all & allowed the Lord to speak to our hearts & encourage us through His Word.
- **Now, I know you can't borrow grace for the week before & expect the same each service. But this week I have been personally thanking God for what He is doing & asking God to continue to minister to our church family as we seek to live for Him each day.**
- **Testimonies are so important, and each of us have our own of how God is transforming & molding us to be more like Him. Some of you have shared a word of testimony with me personally this week after our services, and for that I thank you.**
- **In the book of Psalms, we find a man who was constantly giving his testimony.**
  - David wrote many Psalms & they range from a wide variety of topics that took place throughout his life.
    - David was a unique individual that God used greatly. But the more you look at David's life, you see how much he was just like you & me.
    - He encountered some of the same struggles & failures that many of us have experienced, and yet we see that through God's grace & forgiveness, he was still able to accomplish great things for God.
  - Many of the Psalms that David wrote is nothing more than an outward conversation David seems to be having with God, praising God & thanking Him for His power, His provision, and His protection.
  - Often times we hear David saying, "Listen, let me tell you what the Lord has done for me."
  - And our scripture this morning is another one of those passages. Listen to these words from the Psalmist ...
- **READ SCRIPTURE**
  - Here is a man who is desperate from someone to help him. He is deep down in a dark pit. He is sinking & it seems as though he will be consumed by this pit b/c he has no way to help himself out & others are too far away to help. It's seems as though all hope is gone & he is certain to die.
  - David here is more than likely recalling the time when he was on the run and his life was in danger and he remembered how long he had waited before the Lord delivered him from his enemies and from Saul, but the day came when God inclined His ear ([31:3](#)), heard his cries, and lifted him up from the pit.
    - David learned a lot during those difficult years, how important faith in the Lord is and patience while God is performing His work.
  - But then we see One who is far stronger than any other & he sees this poor man's condition & He reaches down into that dark pit & takes a hold of him. He lifts him up & delivers him from this pit.
    - Because of God's deliverance, David had a new song of praise in his mouth.

- But just as amazing as his deliverance is what David praises God for doing in the next verse. God doesn't cast him to the side, he doesn't throw him back in the pit once he sees his condition; instead He puts him on a rock where he cannot sink anymore.
  - In looking back on those years as an exile and a hunted man, David saw the greatness of God's works (wonders) and the wisdom of His plans ([v. 5](#)).
- Spiritually speaking, we, like this man was lost in our sins & was sinking toward a place called Hell.
  - "The pit" is also a term for sheol, the realm of the dead, and David's life was certainly in danger, and so was ours.
- With no hope in our own strength it seemed as though we was certain to die for eternity. But then, the Lord Jesus Christ came & saw our condition & He reached down & delivered us from the miry pit & set our feet on the Rock that is unshakeable.
- I praise God today for the Solid Rock.
  - Sin at one time had each of our lives entangled & was dragging us down deeper and deeper.
  - We tried every way possible to free ourselves, only to end up deeper in the mire of sin.
  - But then there came a day where I finally gave up trying to rescue myself & I instead cried out to God to deliver me.
  - And just like David, He heard my cry & He came to where I was & thank God He delivered me from the miry clay of sin.
    - I didn't deserve to be delivered.
    - I was filthy & stained with sin.
    - But the blood of Jesus Christ took an old worthless sinner, cleaned him up, & made Him one of His own.
    - I'm not what I should be. I'm not what I could be. I'm not even what I want to be. But thank God I'm not what I used to be.
- Church, if you are saved today, your sins have been forgiven and you are on your way to Heaven, you ought to rejoice today. When David was delivered & when you & I were delivered out of that pit, we received 4 things:

### 1. Healing

- Last week, several of you spoke about physical healing & I want to tell you, I stand in the midst of many physical miracles this morning.
  - Some of you sitting in this sanctuary this morning, for all practical purposes, you really shouldn't be here.
  - But God saw fit in His great mercy to heal you physically of cancers & diseases that threatened your life.
  - We can't always understand how or why God chooses to heal us physically like He does, but we know that it had to be of God, Amen?
- But as wonderful as physical healing is, what I am really referring to here is spiritual healing.
  - All throughout God's Word, sin is looked at as a terrible & awful disease.
  - From the moment we were born, sin is seeking to carry us to a place called Hell.
  - Every one of us have been plagued with this disease & we all need healing.
  - And thank God, when Jesus went to the cross, provided the healing that we needed & when we come to Him & trust in Him to save us, we are healed spiritually & made alive again.

- If you are without Christ today, listen friend, you are sinking today in your sin & the only thing that can bring you healing & save your soul is the blood of Jesus Christ.
- Jesus Christ offers His divine healing today if you will trust in Him.

## 2. Help

- It is a wonderful thing to be saved & know that you have been rescued from the pit, but what you need is someone to help you & guide you in your walk with God.
  - Hebrews 13:5 – “for he hath said, I will never leave thee, nor forsake thee.”
- Church, if you are here today & you are saved, I rejoice along with you today at your sins being forgiven. But I got to be honest, I need help if I am going to make it through this life. We now must fight the good fight until the Lord returns or takes us home. What would we do if we did not have Christ to be by our side?
  - What would you do in the hour of sorrow?
  - What would you do in your time of need?
  - What would you do when your friends & family forsake & turn their backs on you?
  - What would you do when you feel all alone?
    - Proverbs 18:24 – “and there is a friend that sticketh closer than a brother.”
  - “No One Ever Cared For Me Like Jesus” – Dr. Charles Weigle
    - I would love to tell you what I think of Jesus,  
Since I found in Him a friend so strong and true;  
I would tell you how He changed my life completely,  
He did something that no other friend could do.

### Chorus

No one ever cared for me like Jesus,  
There's no other friend so kind as He;  
No one else could take the sin and darkness from me,  
O how much He cared for me.

All my life was full of sin when Jesus found me,  
All my heart was full of misery and woe;  
Jesus placed His strong and loving arms about me,  
And He led me in the way I ought to go.

Ev'ry day He comes to me with new assurance,  
More and more I understand His words of love;  
But I'll never know just why He came to save me,  
Till some day I see His blessed face above.

- Let me tell you Christian, God cares for you this morning. From the very moment you trusted in Jesus Christ, until the day He calls you home, we have His word that He will abide in & with us.

## 3. Hope

- How can a flower grow without sunshine? How can a car run without gasoline? How can a man live life without hope?
  - Psalm 39:7 – “And now, Lord, what wait I for? my hope is in thee.”
  - Psalm 78:7 – “That they might set their hope in God, and not forget the works of God, but keep his commandments:”
  - Psalm 146:5 – “Happy is he that hath the God of Jacob for his help, whose hope is in the LORD his God:”

- Lamentations 3:24 – “The LORD is my portion, saith my soul; therefore will I hope in him.”
- People today are turning to alcohol, drugs, and money trying to find hope. Yet the only hope that a person truly has is in Christ Jesus.
  - You may be here today and you have never been a bad person, never harmed anyone, treats others with kindness, and even faithful to pay their bills; yet without Christ, you will leave this life with no hope for eternity.
  - I Corinthians 15:19 – “If in this life only we have hope in Christ, we are of all men most miserable.”
  - Ephesians 2:12 – “That at that time ye were without Christ, being aliens from the commonwealth of Israel, and strangers from the covenants of promise, having no hope, and without God in the world:”
- I am thankful today that b/c of Christ, I have hope.

#### 4. Home

- I Thessalonians 2:19 – “For what is our hope, or joy, or crown of rejoicing? Are not even ye in the presence of our Lord Jesus Christ at his coming?”
- I Thessalonians 4:13, 17 – “But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.”
- Titus 1:2 – “In hope of eternal life, which God, that cannot lie, promised before the world began;”
- Titus 3:7 – “That being justified by his grace, we should be made heirs according to the hope of eternal life.”

➤ **What is your hope in today? What are you trusting in this morning? If your hope is in anything today aside from Jesus Christ, your hope is in vain & it will fail you.**

- My hope is built on nothing less than Jesus' blood and righteousness.  
I dare not trust the sweetest frame,  
but wholly lean on Jesus' name.  
Refrain:  
On Christ the solid rock I stand,  
all other ground is sinking sand;  
all other ground is sinking sand.