

WEEK 9 DAY 1

MAIN POINT:

If you struggle to believe your life can be redeemed, there is hope; God loves you and is powerful to heal you.

KEY SCRIPTURE:

“Bless the Lord, O my soul, and forget not all his benefits, who forgives all your iniquity, who heals all your diseases, who redeems your life from the pit, who crowns you with steadfast love and mercy, who satisfies you with good so that your youth is renewed like the eagle’s.”

(Psalm 103:2-5)

DO YOU WANT OUT OF THE PIT?

PRAYER: Dear God, you say that you’ve not left me alone in my brokenness and that there is hope for healing. Help me to trust you and give me strength to take the next step of recovery.

It so easy to focus on your troubles, sorrows, regrets, and mistakes. When you are broken and recognize the need for change, change can seem overwhelming, if not impossible. It can feel like you are stuck in a giant pit created by many poor choices—your own choices and the harmful choices of others. With every bad decision the pit became deeper and deeper, and now it feels as if there is no way out. You can’t fill the hole or undo all the wrong.

The apostle Paul in Romans 7:24 cried out, “Wretched man that I am! Who will deliver me from this body of death?”

So, how is there hope? What will save you from your pit of brokenness and despair? Read Psalm 103:2-5 in the margin.

God is the answer. He is the one who can rescue you from your pit of brokenness and despair. Not only can He pull your life from the pit, but He promises redemption! He promises to forgive all your sin, heal you, and crown you with love and mercy—to satisfy you with good and renew your youth! This is an amazing promise of hope.

Trying to think or work your way out of the pit will not save you. Rather, it is a loving and powerful God who will heal you and redeem your life.

DRAFT

APPLICATION: List some ways you’ve dug the hole you are currently in. Also, list some ways you are trying dig your own way out of your pit. Then, ask God to help you put down your shovel and to start relying on his strength and direction for healing.