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WHAT TO DO WHEN YOU FALL INTO A PIT

Teaching Notes by Joyce Meyer

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WHAT TO DO WHEN YOU FALL INTO A PIT

I. Sometimes We Fall Into A Pit.

- A. A pit of discouragement, anger, depression, impatience, negativity, and a bad attitude
- B. We may not even know how we got in, let alone how to get out.
- C. **Psalm 107:20** – He sends His Word and heals us and delivers us from **the pit** and from destruction.
- D. **Anger** – What happens if you are angry and you do not want to be angry, but you are **really angry** – and you just can't seem to get back to the place you were before you fell into the pit?
- E. **Discouragement** – What do you do when you get discouraged, you know you should not be, and you even realistically know that you are blessed – but yet you feel discouraged?
- F. **Bad attitude** – You know you should want to sacrifice in a situation, but the truth is **you want what you want** – and no amount of “trying to change” is making any difference.

II. To Get Out Of The Pit, We Must Be Willing To Do What We Do Not Feel Like Doing!

- A. Study and/or meditate on the portions of Scripture that apply to your personal pit.
- B. Anger for example:

1. **Ecclesiastes 7:9** – *Do not be quick in spirit to be angry or vexed for anger and vexation lodge in the bosom of fools.*

Talk to God; be real about how you feel. Tell Him, “God, I am angry – I do not want to stay angry, and I do not want to be a fool. You have to help me.”

2. **James 1:19-20** – Be quick to hear, slow to speak, slow to anger; for man’s anger does not promote the righteousness that God desires.

3. **Ephesians 4:26** – When you are angry, do not let the sun go down on your anger.

There have been times when I was actually glad it was morning – mistakenly thinking: “At least I have all day to nurse my wounds before I have to let this go.”

4. **I Timothy 2:8** – *I desire therefore that in every place men should pray, without anger or quarreling or resentment or doubt [in their minds], lifting up holy hands.*
5. **Proverbs 16:32** – *He who is slow to anger is better than the mighty, he who rules his [own] spirit than he who takes a city.*

C. Impatience

1. **I Corinthians: Chapter 13** – Love is patient.
2. **Galatians 5:22** – The Fruit of the Spirit is patience.
3. **Colossians 3:12** – Clothe yourself with patience – which is tireless and long-suffering, and has the power to endure whatever comes, with good temper.
4. **James 1:2-4** – Be joyful when you fall into trials, knowing that the trying of your faith brings out patience. And when patience has had her perfect work, you will be perfect and entire, lacking nothing.

D. **James 1:21** – The Word contains the power to save our souls.

1. If I am angry, it is my soul that needs saving.
- E. **II Corinthians 3:18** – When we look into the Word, we are transformed into His image.
- F. You may not FEEL like looking up Scriptures, but they will pull you out of the pit.
- G. If your pit is anger, offense, strife, bitterness, resentment, unforgiveness, etc. – **STUDY FORGIVENESS AND LOVE.**
1. The Bible has the answer to every problem!

III. Get Counsel From The Holy Spirit.

- A. The Holy Spirit is our Counselor; ask Him what to do to get out of the pit.
- B. I recall a time when I was very angry with Dave. I was up in the middle of the night, fuming; and I asked God, “What am I supposed to do now?” He replied in my heart, **“Why don’t you try going to bed and go to sleep.”**
- C. The Holy Spirit’s answers to our “dilemmas” are usually very simple.
- D. I was very angry with Dave (fuming mad), but I have a ministry to run. I cannot stay angry. I have to study and preach and minister to people, and I cannot stay mad. **I asked the Holy Spirit what I should do; and He said, “FORGET WHAT LIES BEHIND.”**
1. Then I asked Him, “What if this happens again? I am tired of going through this over and over.” I always want solutions that will assure me victory not only now but also in the future.
 2. The Holy Spirit said in my heart, “Don’t be anxious about what may happen in the future. Leave the past and future with Me and enjoy your life right now.”
- E. His advice plus **Galatians 6:1-3** pulled me out of the pit.

1. I read **Galatians 6:1-3** in a study Bible. I read the footnotes and suggested thoughts, which included a section on the importance of kindness – and it pulled me out of the pit.
- F. Own a selection of “spiritual tools” that will pull you out of the pit – various translations of the Bible, study Bibles, Joyce Meyer tapes, daily devotionals, videos, music and Scripture tapes, praise and worship tapes, etc.

IV. Let God Love Your Life Back From The Pit Of Corruption.

- A. **Isaiah 38:17**
- B. Condemnation about being in the pit will not get you out of the pit.
- C. **Ephesians 1:4-5; 2:5; 3:17-18** – Paul wrote letters to these churches about carnal behavior, but he also wrote letters about receiving the unconditional love of God.
- D. **Romans 8:35-39** – *The Message Bible* says: not even the worst kind of sin can separate us from God’s love.
1. Our victory depends on us receiving the love of God.
- E. **I John 4:16-18** – Perfect love casts out fear.
1. We either receive the “unconditional perfect love” of God or we “fear” that He is not pleased with us now because we have fallen into a pit.
- F. **Matthew 12:11-12; 18:12** – How God responds when one of His sheep falls into a pit or gets lost

V. Be Truthful.

- A. Be honest with God about how you feel and pour out your complaint before Him, but also realize that you are in sin and sincerely repent.

1. **Psalm 54**
 2. **Psalm 142**
- B. Talk to yourself – assess the situation **honestly** and **tell yourself the truth**.
1. Don't blame everything on other people, circumstances, or even the devil.
 2. Take responsibility for your actions.
- C. Be truthful with other people – do not act like everything is fine when you would really like them to pray with or for you.
1. **James 5:16** – Confess your faults to one another that you may be healed and restored to a spiritual tone of mind and heart.

VI. Sing Or Listen To Good Anointed Music – It Runs Off Evil Spirits.

- A. **I Samuel 16:14-23** – David played anointed music, and evil spirits departed from Saul.
- B. **II Chronicles 20:21-22** – When the singers began to sing and praise the Lord, He caused confusion among the enemy and they were self-slaughtered.
- C. **Romans 4:18-20** – Praise kept Abraham from going down into a pit of doubt and unbelief.
- D. **Psalm 40:1-3** – He has lifted me out of the pit and put a new song in my mouth.
1. It is very difficult to worship God and stay angry.

**REMEMBER – YOU MUST DO WHAT YOU DO NOT
FEEL LIKE DOING TO GET OUT OF THE PIT.**

VII. Be Willing To Die To Self.

- A. **I Peter 4:1-2** – Those who are willing to suffer in the flesh can no longer live in intentional sin.
- B. This “suffering in the flesh” occurs when we do what is right without **feelings** to support us.
 - 1. Apologize to those who hurt us when they should be apologizing themselves
 - 2. Give away something we desperately want to keep
 - 3. Be good to others while we are hurting ourselves
 - 4. Sing praises unto God when we feel like crying
 - 5. Treat someone good who has mistreated us

SATAN CANNOT KEEP THIS KIND OF PERSON IN A PIT!

