

A dark blue background with colorful abstract shapes in yellow, teal, orange, and pink. The central focus is a white double-lined circle containing the text 'SUMMER PLAYLIST' in large white letters and 'PSALM 40' in smaller blue letters below it. Scattered around the circle are various music-related icons: a single note, a double note, a play button, a plus sign, and an 'x' mark. In the top right and bottom left corners, there are grids of small white dots.

**SUMMER**  
PLAYLIST  
PSALM 40

midtowne  
church

06.21.20

# LORD LIFT ME UP!

## TO GET OUT OF THE PIT...

### 1. \_\_\_\_\_ UP.

*Therefore, be careful to obey every command I am giving you today, so you may have strength to go in and take over the land you are about to enter.*

*Deuteronomy 11:8 NLT*

### 2. \_\_\_\_\_ UP.

*I lift my eyes to you, O God, enthroned in heaven. Psalm 123:1 NLT*

*But you, O Lord, are a shield around me; you are my glory, the one who holds my head high. Psalm 3:3 NLT*

### 3. \_\_\_\_\_ UP.

*I lift my hands to you in prayer. I thirst for you as parched land thirsts for rain.*

*Psalm 143:6 NLT*

*I cling to you; your strong right hand holds me securely. Psalm 63:8 NLT*

# SO WHAT?

*He lifted me out of the pit of despair, out of the mud and the mire.  
Psalm 40:2a NLT*

WHEN I \_\_\_\_\_ UP, \_\_\_\_\_ UP, AND  
\_\_\_\_\_ UP, GOD \_\_\_\_\_ .

## REPLAY

1. What do you think of when you read Psalm 40:2 talking about a “pit of despair,” and the “mud and mire”?
2. Have you ever felt like you were in a “pit of despair” or stuck in “mud and mire”? What was that like?
3. How does it make you feel to know that God wants to Lift you out of the pit and the mud and mire?
4. Why is it important to do your part and work with God so that He can lead you to His Best?
5. Why is it important to Get Up when you are in the Pit?
6. Why should we Look Up when we are down?
7. What do you Reach For when you are trying to get out of the pit and the mud and mire?
8. Of the 3 Ways we can get out of the Pit and the Mud and Mire that Doug talked about, which one do you think is most helpful to you and why?