

My Loved Ones:

Psalm 40:2 says, “He brought me up out of a horrible pit, / Out of the miry clay, / And set my feet on a rock, / And established my steps.”

Ps 40:1 is about God hearing us; this verse is about God helping us. David recalls his past situation being helpless, hopeless, and horrible, but God turned it to “hallelujahs.” God took David from no footing to sure footing.

The “horrible pit” is literally in Hebrew “a pit of noise.” The world around us and the situations in which we find ourselves are noise to us that distracts us. Sometimes it seems like our minds or our very souls have lots of noise in them. That noise is a disturbance that robs us of rest and peace: anxiety, fear, discouragement, despair, anger, frustration, bitterness, hatred, greed, guilt, shame, possessions, positions, obsessions, addictions, entertainment, recreation, feeling vulnerable, uncertain, feeling hopeless, defeated, self-pity, feeling hurt, sensing injustice, contempt, revenge, embarrassment, too many things to do, habits, secrecy, cover-ups, travel, adventures, etc. Do you have any of these? Can you name any of your own that’s not listed? These things are like falling into a pit of noise that takes away God’s peace, joy, contentment, satisfaction and rest for us. I would also add that, as a wannabe, closet musician, that the world has a noise not only in it’s philosophy that causes us the emotions inside, it also has language from the media that can cause this, as well as music that can cause these kinds of emotions. Be careful, loved ones, what you listen to and watch.

The miry clay is really a miry bog. Included in this is all that can be suggested of helplessness, hopelessness and horror. It could be sickness physically, sin-sick spiritually, or any “bog” that we find ourselves in. David admitted that he was sinking in the quicksand (Jeremiah was in a literal one in Jeremiah 38:6f). We all can sink quickly in quicksand of a “noisy soul.” An interesting thing about rescuing yourself from quicksand is that you have to fall down flat and begin to wriggle or slither like a snake; humbling yourself with your face in the mire is the way to rescue yourself from quicksand. So it is with us in the Lord; we must humble ourselves before Him, and He will help us out of the quicksand.

God helps us out of despair and gives us a firm place to stand, too. His sinking turned to standing. Have you ever felt like you were sinking? Have you been running to the Lord and waiting on Him as it says in Ps 40:1? Are you actively praying and seeking God in His Word, finding answers and anticipating Him working?

Not only are we brought out of the difficulties, but given steps forward: no longer standing still, but moving forward in life. Only the Lord can help us with this. Keep running to Him, loved ones.

We love you and are praying for you today, loved ones.