

Talk: Psalm 40:1-3

If you're in a slimy pit, it's really hard to get out of it. If you're in a slimy pit, every time you try to climb up the sides, you just slip down again. And yep, you've got it – you just fall back into the slime and the icky stuff that we don't particularly want to imagine.

I reckon that's why David wrote the Psalm the way he did. Because he said, I waited patiently for the Lord. You see I reckon that's just one way of saying that he couldn't get himself out; he couldn't do anything about it, and knew that only God could save him, so he just waited.

There are times when nothing that we seem to do, makes a difference in our lives. Everything that we try to sort out, or every time we try to lift our spirits, just doesn't work. And so we fall back into despair, or depression, or anger, or sadness or loneliness. We fall back into that slimy pit filled with crap.

Because the truth is, is that we can't save ourselves. The truth is that we each need a saviour, someone who rescues us, and lifts us out of the mud and the mire.

And today, I'm here to tell you that Jesus is in the rescue business!! Jesus is absolutely in the rescue business.

Now you may not believe it, or maybe you've never experienced it, but it's true, Jesus is in the rescue business, and he's waiting for our cry of help.

He's waiting for us to admit that we can't do life, survive life, cope with life on our own, because he doesn't want to force himself on us. That's the sort of person that he is!

Caring, compassionate and not pushy.

(Pause)

But... if we do admit that we need help, if – like King David – we cry out for help, to get out of the slimy pit, then Jesus *will* come and rescue us.

He will lift us out of the situation or the mind-set that we find ourselves in and will help us to feel safe and unafraid – that’s what standing on rock, on a firm place, does for us. It helps us feel safe and stops us from feeling like we’re going to fall back into that slimy pit.

And then more than just rescuing us, Jesus also gives us a gift – something that lets everyone else know that Jesus has done something amazing in our lives. The psalm tells us that he puts a new song in our mouths, a hymn of praise to our God.

Now I gotta tell you that that probably doesn’t mean that you’re going to sound like Robbie Williams or that geezer from Cold Play or whoever your favourite singer is, although you might well feel like singing coz you’re so happy that you’ve been saved.

But I think that when it says, he puts a new song in our mouths, I think that what he gives us a new way of being, a new way of living. A new attitude, a new way of coping with life, the universe and everything.

It might be that he makes us more peaceful, or trustful, contented or unafraid. Or thankful. But whatever this new song might end up looking like, one thing’s for certain, Jesus can rescue you and wants to rescue you. All he’s waiting for, is for you to invite him, so he can lift you out!