



BREAKTHROUGHS

FINDING FREEDOM AND TRUE
FULFILLMENT IN JESUS

LESSON 6
PITS





Pits

Because the enemy is not content with just our despair, he wants our destruction

The thief comes to steal, kill and destroy...

John 10:10

What Is a Pit?



A covered hole in the ground, serving as a trap

A place or situation of futility, misery or degradation

WE FALL IN

Involuntarily: We are pushed Into the pit

- Family Member
- Trusted Friend
- Events (Like Harvey, car crash, etc.)

When Joseph came to his brothers, they stripped off Joseph's robe, the robe of many colors that he had on. Then they took him and threw him into the pit. The pit was empty, without water.

Genesis 37:23-24

WE FALL IN

Voluntarily: We put ourselves there

- Follow Markers and Lies
- Complacency and Negligence

In the spring when kings march out to war, David sent Joab with his officers and all Israel. They destroyed the Ammonites and besieged Rabbah, but David remained in Jerusalem. 2 Samuel 11:1

LIFE IN THE PIT

isolated, separated and
alone; overwhelming;
hopeless

GEN 42:21 (JOSEPH)

We saw his deep distress when he pleaded with us, but we would not listen.

PSALM 32:3-4 (DAVID)

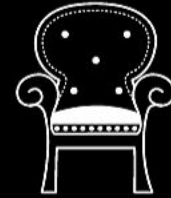
When I kept silent, my bones became brittle from my groaning all day long. For day and night your hand was heavy on me; my strength was drained as in the summer's heat

WHAT KEEPS US IN THE PIT?

They are hard to get out of. Few people know how to help us out

Self-Attempts - Little gods

We get comfortable hiding from the pain.



An aerial, black and white photograph of a large-scale construction or mining site. The terrain is heavily excavated, showing deep tracks from heavy machinery and various pieces of equipment scattered across the site. The overall scene is one of intense industrial activity and earthmoving.

How do we get out?

Jesus spoke to them again: "I am the light of the world. Anyone who follows me will never walk in the darkness but will have the light of life.

John 8:12

A BETTER PLACE FOR YOU

Put your mental focus on how to get out of the pit rather than how to get comfortable in it. To get out, you must want to get out.

TAKE THE FIRST STEP

You don't need to see the entire path to get moving; you just need to be faithful, stand up and take the first step. Jesus is your rescuer. Confess and live In freedom.

IT'S OK TO ASK FOR HELP

Community
Spouse
Counseling

A black and white photograph of a person's face behind a chain-link fence. The person's face is partially visible through the diamond-shaped mesh of the fence. The image is split vertically by a thin white line. A large black rectangular box is centered over the image, containing white text.

**"THIS PIT IS NOT
MY HOME."**

Five Chapter Autobiography -Portia Nelson

CHAPTER ONE

I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost ... I am helpless. It isn't my fault. It takes me forever to find a way out.

CHAPTER TWO

I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I am in the same place. But it isn't my fault. It still takes a long time to get out.

CHAPTER THREE

I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in ... it's a habit. My eyes are open. I know where I am. It is my fault. I get out immediately.

CHAPTER FOUR

I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

CHAPTER FIVE

I walk down another street.

A black and white photograph of a person's face behind a chain-link fence. The person's face is partially visible through the diamond-shaped mesh of the fence, appearing somewhat blurred and in shadow. The background is dark and indistinct. A vertical white line runs down the center of the image, passing through the person's nose. A large black rectangular box is centered over the image, containing white text.

**"THIS PIT IS NOT
MY HOME."**