

# soul RECONDITIONING



**Triumphal**  
Christian Fellowship



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## Psalm 40:1-3 (NLT)

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<sup>1</sup> I waited patiently for the Lord to help me,  
and he turned to me and heard my cry.



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## Psalm 40:1-3 (NLT)

<sup>2</sup> He lifted me out of the pit of despair,  
out of the mud and the mire.  
He set my feet on solid ground  
and steadied me as I walked along.

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## Psalm 40:1-3 (NLT)

<sup>3</sup> He has given me a new song to sing,  
a hymn of praise to our God.  
Many will see what he has done and be amazed.  
They will put their trust in the Lord.

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# Surviving the Pits of Life

## Psalm 40:1-3 (NLT)



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## Surviving the Pits of Life

1. Wait patiently on the Lord.

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## Surviving the Pits of Life

2. Anticipate the Lord's hands to deliver you.



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## Surviving the Pits of Life

### 3. Be ready to share your testimony