

How to Get Out of that Pit



By Kimberly Taylor

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Have you ever felt stuck in a rut or even worse – in a pit?

One of my favorite poems that describes what it's like to fall into a pit is 'An Autobiography in 5 Chapters by Portia Nelson.'

It is short but packs a punch.

Once you read it, I know you'll relate to it. I did!



As a Believer in Jesus, the pit is not your home. Discover 5 steps to get out.

The poem is below:

Chapter 1

“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 forever to find a way out.

Chapter 2

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 me a long time to get out.

Chapter 3

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 4

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

Chapter 5

I walk down another street.”

So, which Chapter are you living in right now?

Many people get stuck living out Chapters 2 or 3. They keep falling into the same old pits.

We all fall into pits in life at times. That is not the problem.

The problem is that we don't get out!

Once we recognize we are in a pit, we are responsible for seeking the way out – and taking it.

Ultimately, it doesn't matter if someone threw you into the pit (like Joseph in Genesis 37) or if you put yourself into the pit.

What matters is that make up your mind to get out. Why?

Because you don't belong there.

Unfortunately, some try to make the pit their home. They believe the lie that they are meant to live in the pits. So they decide to settle and get comfortable.

But that is not the best God has for you.

God never intended for His people to live in dark pits:

Then Jesus spoke to them again, saying: “I am the light of the world. He who follows Me shall not walk in darkness, but have the light of life (John 8:12).”

And in another place, He says:

“You are the light of the world. A city that is set on a hill cannot be hidden. Nor do they light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. Let your light so shine before men, that they may see your good works and glorify your Father in heaven (Matthew 5:14-16).”

Our purpose as Believers in Christ is to serve as a light to others.

So if one of us [chooses to live in darkness](#), then the kingdom is dim in that specific place, affecting those who reside near it.

So what are some steps to take to get out of a pit?

1. Never get comfortable in a pit.

As God’s child, your place is as a “city on a hill,” a place where His glory in you is clearly seen.

You are not meant to live in a pit.

However, you will remain there unless you can see where you are meant to be. 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.](#)

2. Ask for the Holy Spirit’s wisdom to get out.

When you accepted Jesus as your Savior, the [Holy Spirit came to live in you as a Helper](#) (see John 14:26). He is the ultimate source of wisdom, strength, and power in a Believer's life.

If you do not know how to get out of your particular pit, then ask Him.

Many times, the problem isn't that we don't know the answer for how to get out of the pit, it's that we don't like the answer!

So we don't do what He says because we don't like it.

However, freedom is on the other side of the answer and that fact won't change.

3. Identify mental resistance to getting out.

I read a story once about a man who negotiated freedom for 2 women caught up in prostitution. He paid the price for their freedom.

Yet when it was time to go, one of the women ran back into the place of her bondage because she forgot her cell phone!

She refused to leave without it.

[Many refuse to leave the pit because they have been deceived into believing that what they need to live is in the pit.](#)

If you are resisting getting out of the pit, then ask the Lord to show you the source of your resistance so you confront it. You cannot conquer what you will not confront.

4. Take the first step out.

Once the way out is revealed, [fear or overwhelm may try to convince you that it is safer to stay in the pit.](#)

Once again, remind yourself that the pit is not your home.

Some people may not leave the pit unless they can see the entire path out first.

However, 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 you do see.

Once you stand up, you can see more than you could just sitting there.

5. Get assistance from someone who has found the way out.

In our culture, we celebrate an independent, "go it alone," "I did it my way" attitude.

But that is not God's way.

God's way is that we live in interdependence with other Believers.

Ecclesiastes 4:10 says:

"For if they fall, one will lift up his companion. But woe to him who is alone when he falls, For he has no one to help him up."

Ecclesiastes 4:10

We have a support group in the [Take Back Your Temple program](#) because we recognize that we all fall sometimes.

To make progress, we need others who can encourage us and assist us in getting back up.

Remember this freeing mindset: "This pit is not my home."

Refuse to make living in pits your normal way of life.

Take the place that God has prepared for you:

But you are a chosen generation, a royal priesthood, a holy nation, His own special people, that you may proclaim the praises of Him who called you out of darkness into His marvelous light; (1 Peter 2:9)"

Get out of that pit and proclaim His praise!

By the way, please share in the article comments about which “chapter” from the poem you are in right now. I’d love to hear about it.

Be Blessed with Success,

Kimberly Taylor

Author of the [Take Back Your Temple program](#)

P.S. Do you struggle with eating too much sugar? If so, you are not alone!

Overcoming sugar addiction was a key factor on my journey to losing 85 pounds and dropping from a size 22 to a size 8.

In our [14-day Sugar Detox Challenge](#) online course (inside the the Take Back Your Temple program), you’ll get the same success strategies and support to gain peace in your eating habits and achieve lasting weight loss success.

[Click here to learn more about the Take Back Your Temple program.](#)

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