

Climb Out of the Cellar  
Psalm 107:10-14  
By Russell Earl

Thesis: I want to show how we can overcome various

- Intro:
1. If not careful we can allow discontentment, disappointment and addiction to various sins to place us in a dark place in our life.
  2. However every dark place has a way out.

I. Overcoming Discontentment

- A. Discontentment cannot be conquered through worldly ways.
1. **Ecc 1:8-9** - some search for a way out of discontentment through worldly means
  2. Homes deteriorate, vehicles break down and vacations don't last forever.
  3. Discontentment can also come from disappointment, disappointment for various reasons.
    - a. We must realize that we cannot allow disappointment to keep us from being who we need to be for God and our families (**Joshua 1:9**)
- B. Contentment is found in God
1. Happiness is not found by seeking it some where outside of God. (**Ecc 4:6**)
  2. Happiness is found in God and the simple things in life (**Ecc 3:12-13**)

II. Overcoming the addictive power of sin.

- A. We must realize sin is addictive
1. Sin enslaves (**Jn 8:34-35**)
  2. Sin only brings ungodly happiness
  3. Entrapment by sin can be overcome (**Acts 8:22-24**)
- B. Thoughts on overcoming addiction
1. Realize a change is necessary
  2. Ideas for changes:
    - a. Repentance
    - b. Keep a busy schedule
    - c. Find new hobbies – way to take your mind off other things
    - e. Exercise – boosts moods and relieves stress
    - f. Find different ways to relax – outdoor activities, vacation, etc

III. The Importance of Never Giving Up

- A. Quitters never succeed
1. **If man wants to overcome discontentment, addiction or anything in life man cannot give up.**
  2. **There is no such thing as success for a quitter.**
    - a. Quitters never make it to heaven.
- B. God does not approve giving up
1. **Man will not quit when we realize how important these things are.**
  2. **We cannot give up, or as 2 Chron 15:7 says “do not let your hands be weak” (2 Chron 15:7)**

IV. Lessons for us today.

A. Discontentment is not uncommon

1. **Discontentment is part of life.**
2. **We must realize that in order to overcome discontentment we must turn to God to find lasting contentment.**

B. Addictions of various types while difficult can be overcome.

1. **Addictions enslaves the person, but can it be overcome.**
2. **Sin is overcome by knowing the price of sin and turning to God for forgiveness, the same can be done with addictions.**

Application & Conclusion:

1. No difficulty in life is overcome without God.
2. We see individuals in the Bible who faced great hardships and overcome them.
3. When we turn to God & His Word, then we can climb out of any dark place in life.
  - a. **Psalm 107:10-14**
4. Full Invitation

Non-Christians must:

Hear – James 1:22, Romans 10:15,17

Believe – Jn 12:44, Jn 8:24, Mt 16:16

Repent – Luke 13:2-3

Confess – John 12:42, Romans 10:9

Be Baptized – 1 Pt 3:21, Acts 22:16, Col 2:11, Mk 16:16, Rom 6:3-4

Live faithfully – John 14:15, Rev 2:10

Christians must:

Repent: Acts 17:20, Acts 8:37, Lk 13:3

Pray: James 5:16, 1 Jn 1:9