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Have you ever fallen into the pit of despair, landing in a pool of your toxic mistakes and filthy sin? There in the depths you gaze in doubt at the slippery walls of consequence that rise 20 feet above you on all sides. *"I sink in the miry depths, where there is no foothold,"* describes the psalmist in 69:2 (NIV).

We've all been down there—we've all experienced deep anguish. But, if you read further, you find that the psalmist escapes. *"Praise the Lord, O my soul," he shouts, "who redeems your life from the pit!"* (103:2-4, NIV).

The story told in the Psalms is familiar to Mississippi State senior Alexandria Hagler.

Bible Reference: Philippians 1



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