

KEEP STANDING. KEEP DANCING. KEEP HOPING

Looking Up So I Can Stand Up

Ephesians 6:10 A final word: Be strong in the Lord and in his mighty power.

Ephesians 6:11 Put on all of God's armor so that you will be able to stand firm against all strategies of the devil.

**Psalms 121:1 I look up to the mountains—
does my help come from there?**

**Psalms 121:2 My help comes from the lord,
who made heaven and earth!**

**Psalms 121:3 He will not let you stumble;
the one who watches over you will not slumber.**

WE HAVE BEEN THRU A LOT THIS YEAR AND ITS NOT OVER YET. I AGREE WITH DAVID WHO SAID I WAS YOUNG AND NOW IM OLD BUT I HAVENT SEEN THE RIGHTEOUS FORSAKEN. BUT I HAVE FELT LIKE I WAS GOING TO LOSE IT. I HAVE NEEDED ENCOURAGEMENT. I HAVE NEEDED SOMEONE TO SAY YOU'RE GOING TO MAKE IT. SO I AM HERE O TELL YOU WHAT SOMEONE TOLD ME - TROUBLE DOESNT LAST ALWAYS BUT IT DOES LAST. UNTIL JOY COMES IN THE MORNING. SO WE STAND THRU PAIN. BUT WE DANCE IN THE MORNING. WE STAND ALL NIGHT BUT WE HAVE HOPE IN THE MORNING.....

MY HOPE FOLLOWS MY EYES

I'm not LOOKING BACK

Php 3:12 Not that I have already obtained it or have already become perfect, but I press on so that I may lay hold of that for which also I was laid hold of by Christ Jesus. **13** Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, **14** I press on toward the goal for the prize of the upward call of God in Christ Jesus.

I'm not LOOKING DOWN

HEAD

Ps 24:7 Lift up your heads, O gates, And be lifted up, O ancient doors, That the King of glory may come in!

SOUL

Ps 25:1 To You, O LORD, I lift up my soul. **2** O my God, in You I trust, Do not let me be ashamed; Do not let my enemies exult over me.

HANDS

Ps 134:2 Lift up your hands to the sanctuary And bless the LORD.

MY EYES LOOK PAST THE MOUNTAINS

My Strength Doesn't Come from the Obvious

**Psalms 121:1 I look up to the mountains—
does my help come from there?**

**Psalms 121:2 My help comes from the lord,
who made heaven and earth!**

My Strength Doesn't Come from Myself

**2Co 12:10 Therefore I am well content with weaknesses, with insults,
with distresses, with persecutions, with difficulties, for Christ's sake;
for when I am weak, then I am strong.**

WHEN I LOOK UP I STAND UP

**Eph 6:13 Therefore, take up the full armor of God, so that you will be
able to resist in the evil day, and having done everything, to stand
firm.**

Having Done EVERYTHING to Stand.....

**I GAVE
STAYED FAITHFUL
WALKED IN LOVE
FORGAVE OFFENSES
MEDITATING ON TRUTH
OBEYING THE WORD
REPENTING WHEN I FAIL
I CRIED TO YOU IN MY NIGHT SEASON
I DANCED WHEN THE SUN CAME UP**