

## The 7 Ups

**Luke 21:28-31 HCSB** But when these things begin to take place, stand up and lift up your heads, because your redemption is near!" (29) Then He told them a parable: "Look at the fig tree, and all the trees. (30) As soon as they put out leaves you can see for yourselves and recognize that summer is already near. (31) In the same way, when you see these things happening, recognize that the kingdom of God is near.

As Jesus laid out the plan He, the Father and the Spirit had for the last days He set a number of signs we should look for. He told us "When you see those signs, lift up your heads because your redemption is near."

Brothers and sisters I tell you today that that time is upon us and we should live lives characterized by uplifted lives. There is no more room for whiny, sniveling, self-absorbed children in God's house. We need to be a positive, courageous and encouraging bunch. I would like to share with you seven "ups" that should mark our lives in these latter days.

### 1. Wake Up !!

Decide to have a good day.

- **Psalms 118:24 HCSB** This is the day the LORD has made; let us rejoice and be glad in it.
- **Philippians 1:20 HCSB** My eager expectation and hope is that I will not be ashamed about anything, but that now as always, with all boldness, Christ will be highly honored in my body, whether by life or by death.

### 2. Cheer Up !!

The best way to dress up is to put on a smile. A smile is an inexpensive way to improve your looks.

- **1 Peter 4:12-13 HCSB** Dear friends, when the fiery ordeal arises among you to test you, don't be surprised by it, as if something unusual were happening to you. (13) Instead, as you share in the sufferings of the Messiah rejoice, so that you may also rejoice with great joy at the revelation of His glory.
- **John 16:33 HCSB** I have told you these things so that in Me you may have peace. You will have suffering in this world. Be courageous! I have conquered the world."

### 3. Shut Up!!

Say nice things and learn to listen. God gave us two ears and one mouth, so He must have meant for us to do twice as much listening as talking.

- **Proverbs 10:19 HCSB** When there are many words, sin is unavoidable, but the one who controls his lips is wise.
- **Proverbs 13:3 HCSB** The one who guards his mouth protects his life; the one who opens his lips invites his own ruin.

### 4. Stand Up!!

... for what you believe in. Stand for something or you will fall for anything.

- **Galatians 6:9-10 HCSB** So we must not get tired of doing good, for we will reap at the proper time if we don't give up. 10 Therefore, as we have opportunity, we must work for the good of all, especially for those who belong to the household of faith.

### 5. Look Up !!

... to the Lord for strength.

- **Philippians 4:13 HCSB** I am able to do all things through Him who strengthens me.

- **John 15:5 HCSB** "I am the vine; you are the branches. The one who remains in Me and I in him produces much fruit, because you can do nothing without Me.

## **6. Reach Up !!**

. . . for something higher.

- **Hebrews 11:8-10 HCSB** By faith Abraham, when he was called, obeyed and went out to a place he was going to receive as an inheritance; he went out, not knowing where he was going. (9) By faith he stayed as a foreigner in the land of promise, living in tents with Isaac and Jacob, co-heirs of the same promise. (10) For he was looking forward to the city that has foundations, whose architect and builder is God.

## **7. Lift Up !!**

. . . your Prayers.

- **Philippians 4:6 HCSB** Don't worry about anything, but in everything, through prayer and petition with thanksgiving, let your requests be made known to God.