

# GET BACK UP

June 19, 2022 | Donnell Jones

**WARM UP QUESTION:** What is one task that someone asked you to do but you were neither confident nor sure that you could do it? How did you handle it?

**READ:** Ecclesiastes 4:1; Luke 22:31-32, 39-40

**FOCUS:** The goodness of God is clearly seen when we trust God to carry us up, yet often unseen in our human effort to climb our way up.

## **OBSERVE:**

There are oppressions that are done under the sun. (Eccl. 4:1)

- “Oppressed have no comforter - no comfort from UNBEARABLE PAIN (suffering from violence)”
- “Oppressors have no comforter - no comfort from UNBEARABLE SHAME (suffering in silence)”

There is a God who prays for us and whose prayers will not fail us. (Luke 22:31-32)

- “Sifting wheat does not define wheat, it refines it.”
- “God wants our faith to remain in Him when failing.”

God is a redeemer. He can help us rise up from the same place of failure and unfaithfulness.

- He can remove condemnation and replace it with His redemption.
- He takes our shame and our pain and replaces it with freedom and healing.

## **TAKING ACTION:**

- As followers of Christ, we believe that God can lift us and others up from all kinds of oppression and failings. This week, can you take the time to talk with someone you know as one who is undergoing pain and/or shame? Would you pray for them so that their faith would be strengthened?
- Would you take the time to share the good news of Christ to someone who does not know Him personally? Tell them about Christ’s redemption completed by His work at the cross and by His resurrection.

## **REFLECT:**

- Are we climbing our way up or is God carrying us up?
- What areas of struggle must we surrender to the Lord for Him to redeem and revive?

**PRAY:** Heavenly Father, thank You for being our redeemer. Please turn our lives around for Your glory. Thank You for also being our intercessor, the one who prays for us. We are grateful for Your love and mercy. It is Your faithfulness that allows us to rise above our own failings and the failings of others against us. We pray for Your power to sustain us and to transform us. We pray these things in Jesus’ name, amen.