

4 Ups Guaranteed to Lift Your Day

1. Wake Up!

Psalm 118:24 - This is the day the Lord has made. We will rejoice and be glad in it. We all have our days when the last thing we want to do is rejoice....our spirit is low or sorrow or hardship is overwhelming. But just like the psalmist we can always be honest with God about how we feel. And as we talk to God, like the psalmist, our prayers can end in praise. God's love is unchanging in the midst of a changing world...God will give us a reason to rejoice! So, WAKE UP and look for JOY so that it can find you!

2. Dress Up!

1 Samuel 16:7 - The Lord does not look at the things man looks at. Man looks at outward appearance; but the Lord looks at the heart. So the best way to dress up is to put on a smile. It is a look that reveals the love within you that awaits the opportunity to brighten someone else's world with that love. If you trust in God and walk in his grace, you won't have to tell it. It will show on your face. So be DRESSED UP with God's love and brighten the world where you are.

3. Look Up!

Philippians 4:13 - For I can do everything God asks me to with the help of Christ who gives me the strength and power. The Apostle Paul was content because he could see life from God's point of view. He focused on what he should do not on what he thought he felt he should have. He had his priorities straight and was grateful for all God had given him. How are you this day? Do you have a grateful heart? Do you long for more possessions to fill your life or are you seeking your contentment and fulfillment in God? When we live our lives out of gratefulness for all God's given us, instead of a heart that is demanding more...life is so different...for us and others. This day...this week...LOOK UP and give thanks!

4. Lift Up!

Philippians 4:6 - Don't worry about anything; instead pray about everything; tell God your needs and don't forget to thank Him for His answers. Just try to imagine NO WORRIES! It seems so impossible: relationships, job, family, financial needs...but Paul suggests we turn all our worries into prayers. So, this week if we want to worry less...let's pray more! Whenever about whatever, when you or I start to worry...we will stop and pray. LIFT UP your prayers!

Prayer: Gracious God, give us hearts to practice these four ups this week. Help us to trust you more and to seek your presence. When doubt or uncertainty overcome us, wrap your arms around us and remind us that we are your children and you know us by name. You are a loving and compassionate God, full of grace and forgiveness. Help us to share those same attributes with those we love and others that we meet. In your precious name we pray. Amen.