

Look Up

There is a popular song by Andy Grammer called *Keep Your Head Up*. Each time I hear it, I am reminded that I've "gotta keep my head up" and "gotta let my hair down". It's amazing that the world has songs that basically say what God says. Philippians 4:6 says, "Don't worry about anything, but pray and ask God for everything you need, always giving thanks for what you have." (ESV). Jesus said in John 14:1 "Let not your hearts be troubled, you believe in God; believe also in me." Jesus already knew that bad things were going to happen but to not let it trouble our hearts, nor let those things cause our head to hang down.

Plenty of times we say that we will not worry about it nor let it get us down – but then we do. We say that we are going to have faith – and then we doubt. Then we criticize ourselves for worrying and doubting. But truthfully, we are all human and will struggle to keep our chin up. God already knows our weaknesses and how we struggle against the devil's influence on us. But don't give the devil any pleasure by being negative about yourself when you lose faith or fall into the trap of worry.

Sometimes the storms of life that we go through cause as much damage as a major hurricane. Whether it is caused by winds, water, or tornadoes, it will pretty much destroy anything in its path. We must realize that everyone experiences major, life-altering storms. During our storms we cannot see because of the darkness that invades and afterwards we are in stunned silence at the loss. We lose our focus on where we are and how we shall recover. We may lose our ability to believe that life can ever be good again. And sometimes it causes us to lose our hopes and dreams. Too often we play the "what if" games and we rehearse the past as if we could change the occurrence of the storm or its aftermath. The spiral downwards is dark and nasty, and it often ends in depression.

But I'm here to tell you that God knew about your storm before it hit. He knew that you would need Him. He knew that you would struggle with depression because of the life-altering event. But He is saying to you today to lift your head, lift up your eyes because He is not done with you yet. And although it may not look like it now, your best is yet to come!

Keep your head up because God is with you, and He can make your life good again. You will recover! Just look up. Look into His eyes. Through this, you can have a rebirth of your hopes and dreams because your life is not yet over. You are alive and God is still God. As long as you are alive, there is still hope. God is the One who can give you a new hope. He alone can keep your head up.

Jesus,

So many have fallen into the dark recesses of hopelessness and feel there is no way out. But God, You created the abyss of the ocean and you can see everything down there. If you can see that, then for sure you can see them and will make something new in them. I pray that they will not be so downtrodden that they cannot look up. You alone are the One they need. You can heal them of every wrong thing done to them in their lives that caused them to spiral downward.

I pray that they will feel you lifting their chin. I pray that they will know that there is hope in a hopeless situation. Whatever caused the storm is over but the aftermath of it is staggering. But you Oh God are merciful and kind and are ever mindful of them! Give them a hope that they have never had, nor could ever believe there would be. You are God alone and there is none like you. May your face shine upon them, your love overshadow them, and your hands lift them out of their darkness. I pray that they will look up and see the greatest miracles that they have ever seen. Yes, and Amen!

(Psalm 139:17-18) How precious also are your thoughts about me, O God! how great is the sum of them! *If* I should count them, they are more in number than the sand: when I awake, I am still with you.

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