

# Seven

# Downs

**Part 3**

**Edward Church**

**August 19, 2018**

# Seven

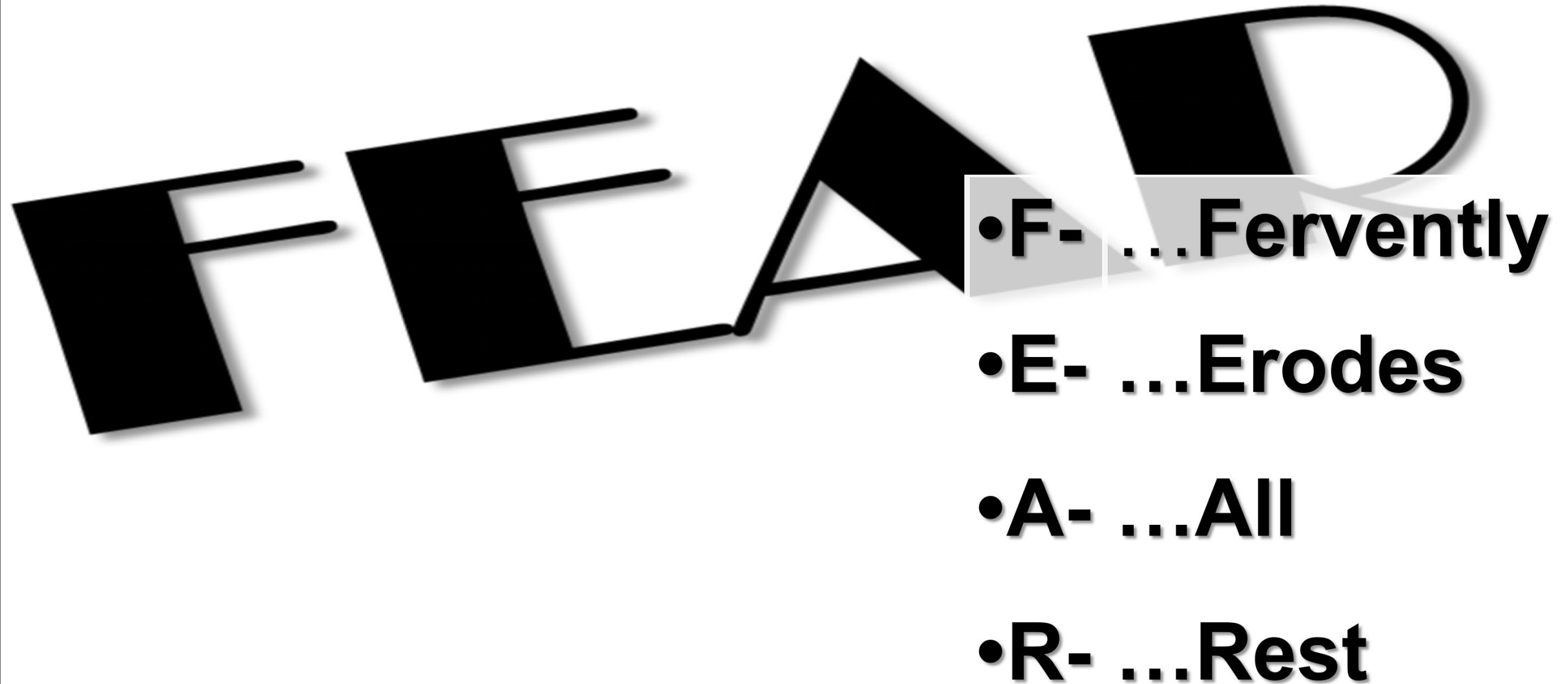
**Seven Ups  
that are Able to  
Keep You Up  
-pt3**

# Downs

**Romans 15:1**

**FEAR**

- Fear has become a Epidemic in this Age-
- Jesus warned – *in last days hearts failing for fear*



FEED

- **Fear has become a Epidemic in this Age**
- **Jesus warned – *in last days hearts failing for fear***
- **If fear is allowed to persist it can become Depression “Down”**
- **Many Christians now have more "downs" than they have "ups."**
- ***“down in the mouth Christianity” will never win anyone to the Lord.***
- **We need to get all excited about being saved.**

**The Lord has 7 “Downs”  
...that We Might Have the “Ups.”**



## **The Lord...**

- **Did His Part**
- **Now Its Time...**

**...For Our Part**

**...There are**

**...7 Ups**

**...We**

**...Need**

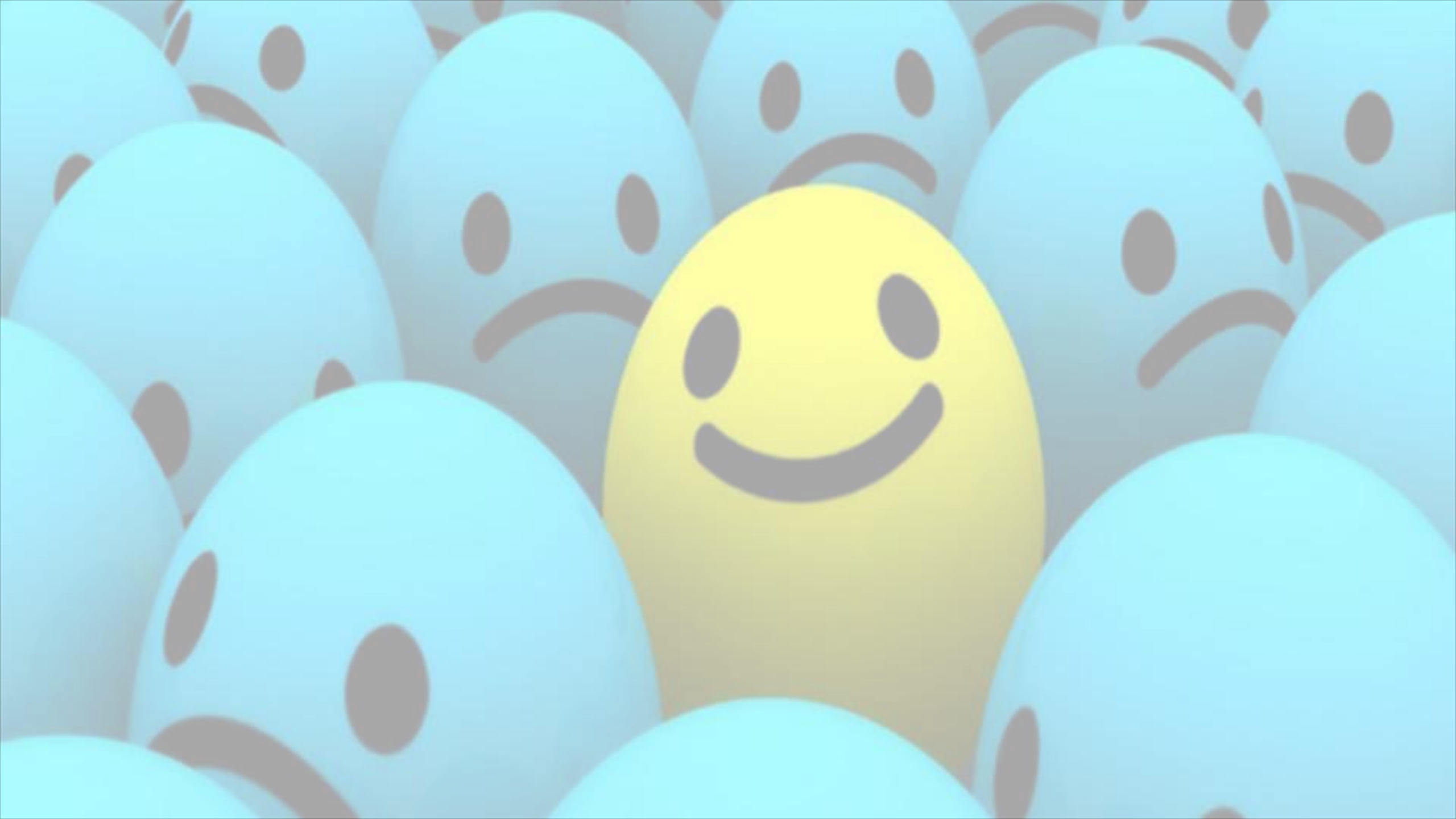
## **The Lord...**

- **Looked Down**
- **Came Down**
- **Laid Down**
- **Went Down**
- **Sat Down**
- **Reaches Down**
- **Coming Down**



**Seven**

**Ups**



# Dress Up !!

**The Best Way to Dress Up is to Put On a Smile.**

• **A Smile is an Inexpensive Way to Improve Your Looks**

*“The Lord does not look at the things man looks at. Man looks at outward appearance, but the Lord looks at the heart.” -I Samuel 16:7*

*“Do not grieve, for the joy of the LORD is your strength” -Neh 8:10*

**Strength=**

**Safe Place, Refuge,  
Stronghold, Protection**



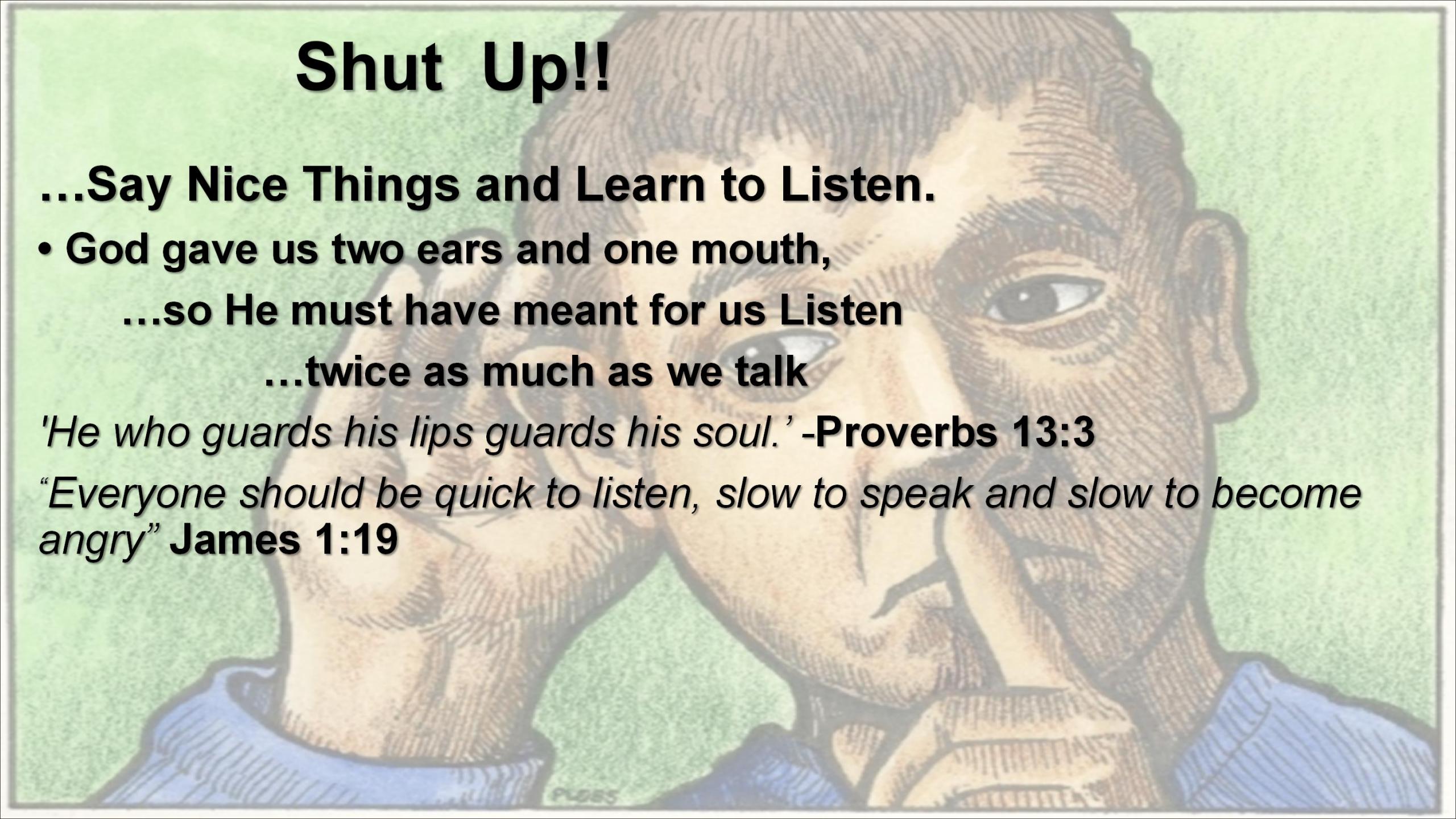
# Shut Up!!

**...Say Nice Things and Learn to Listen.**

- **God gave us two ears and one mouth,  
...so He must have meant for us Listen  
...twice as much as we talk**

*'He who guards his lips guards his soul.'* -**Proverbs 13:3**

*"Everyone should be quick to listen, slow to speak and slow to become angry"* **James 1:19**



stand up



# Stand Up!!

stand up

... For What You Believe In.

- **Stand for something or you will fall for anything**

*'Let us not be weary in doing good; for at the proper time, we will reap a harvest if we do not give up.*

*Therefore, as we have opportunity, let us do good...' -Gal 6:9-10*



# Look Up !!

**. . . to the Lord.**

*I look up to the mountains—  
does my help come from there?  
My help comes from the LORD,  
who made heaven and earth!*

*He will not let you stumble;  
the one who watches over you will not slumber.  
Indeed, he who watches over Israel  
never slumbers or sleeps -Psa 121*

*'I can do everything through Christ who strengthens me' -Phil 4:13*

*From Where Does My Help Come?*





# *Psalm 121*

*From Where Does My Help Come?*



**COMMIT TO  
THE LORD  
WHATEVER  
YOU DO,  
AND YOUR  
PLANS WILL**

# Reach Up !!

**. . for Something Higher.**

*'Trust in the Lord with all your heart,  
and lean not unto your own understanding.  
In all your ways, acknowledge Him, and He will direct your path.'*

Proverbs 3:5-6

**Trust GOD from the bottom of your heart;**

**don't try to figure out everything on your own.**

**Listen for GOD's voice in everything you do, everywhere you go;**

**he's the one who will keep you on track the Message**

**COMMIT TO  
THE LORD  
WHATEVER  
YOU DO,  
AND YOUR  
PLANS WILL**

**Seven**

**Ups**

# Lift Up !!

**.. Your Prayers.**

*'Do not worry about anything;  
Instead PRAY ABOUT EVERYTHING.'*  
Philippians 4:6

Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down **message**

# Seven

# Ups

Trust me  
I have  
everything  
under control.  
-Jesus

**Seven  
Ups**