

Are You Here To
Hide Behind the Service
Or Let
The Service Expose and Heal
Your Wounds ?

GETTING BACK UP

Don't Just Lay There

Micah 7:8

A Message for Everyone Who Has Ever Been Knocked Down

PART ONE

WHEN I FALL

THE TRUTH ABOUT THE FLOOR.

Everybody falls.

Nobody schedules it.

Micah wrote from the valley, not the mountaintop.

First- we tell the truth about the floor.

God meets you exactly where you landed.

*Rejoice not against me, O mine enemy: when I fall,
I shall arise;
when I sit in darkness,
the LORD shall be a light unto me.*

Micah 7:8 (KJV)

Read it slowly

Let it land

This verse was written for this exact moment in your life

SOMEBODY IN THIS ROOM

- Has been carrying something too heavy to name.
- Has been smiling on the outside and breaking inside.
- Has fallen and is ashamed that anyone found out.
- Has prayed and wondered if God even heard.
- Has almost given up on getting back up.

SOMEBODY IN THIS ROOM

This sermon is for you.

You are not here by accident.

God sent this word to your exact address today.

WHY WE FALL

- Sin pulls us past every line we swore we would not cross.
- Grief strips the strength right out of our bones.
- Betrayal enters through doors we left unlocked.

WHY WE FALL

- Exhaustion quits before the victory arrives.
- Pressure cracks what we believed was unbreakable.
- Spiritual drift is always silent until the fall is deafening.

WHY WE FALL

Powerful Truth —

You did not fall because God forgot you.

You fell because you are human.

*God already planned your rise before
the fall ever happened.*

HE DID NOT SAY IF OR MAYBE

When I fall...

I SHALL ARISE

*This is a Spirit-Breathed Declaration
backed by the Resurrection Power of God.*

**Say It Out Loud. Heaven Is Listening.
Hell Is Trembling.**

WHY WE STAY DOWN

- Shame convinces us the floor is all we deserve.
- Fear whispers that everyone is watching.
- The enemy repeats: This is where you belong now.
- We tried to rise before and hope got expensive.
- We feel too tired, too broken, too far from grace.
- WE FORGOT THAT GOD NEVER ONCE LEFT THE ROOM.

WHY WE STAY DOWN

The floor feels familiar

But it was never your home

CHALLENGE —

Which Lie Has Had The Most Power Over You?

Call It Out By Name.

THE CONTEXT OF THE FALL

*Micah was not on a mountaintop.
He was in the valley — just like you.*

God Does Not Wait For Your Circumstances To Improve.
He speaks Through the Broken,
the Bent, and
the Barely Standing.

NOT VICTORY — VULNERABILITY

THE ENEMY EXPECTED

Silence

Surrender

Defeat

MICAH CHOSE

Prayer

Declaration

Holy Defiance

CHALLENGE —

What are you choosing right now:

Silence or Declaration?

Open your MOUTH before you open the Door to Despair.

The enemy saw the fall.
God saw the future rise.

Ephesians 2:10 — You are His workmanship,
created in Christ Jesus for good works.

CHALLENGE —
Stop replaying what the enemy said.
Start declaring what God says about your future.

WHEN I FALL

*Hebrew — to collapse, to drop,
to lose all strength, to be cast down.*

God Never Promised A Life Without Falling.

The Spirit was not shocked.

He was **Already At The Bottom —**

WAITING TO LIFT YOU.

THEY ALL FELL. THEY ALL ROSE.

DAVID Fell into sin. Rose as the man after God's own heart

PETER Fell with a curse on his lips. Rose Preached The Sermon That Birthed The Church At Pentecost.

ELIJAH Fell begging God to let him die. Rose to anoint kings/ train a generation of prophets.

THEY ALL FELL. THEY ALL ROSE.

SAMSON Fell through lust and compromise. Rose in his Final Breath to destroy More Of The Enemy than in his Entire Lifetime.

THE PRODIGAL Fell face-first in a pigpen. Rose to find his father already running down the road toward him.

*They ALL had a Powerful Moment when,
the Spirit Overrode Failure and Ignited their Future.*

CHALLENGE

*Your name belongs on this list.
STOP DISQUALIFYING YOURSELF.*

FALLING DOES NOT

- × Disqualify you.
- × Define you.
- × Destroy you.

Falling is Human.
Rising is Holy.

YOUR FALL DOES NOT DEFINE YOU

**The church has WOUNDED MORE PEOPLE
by Condemning The Fallen than the World Ever Has.**

YOU ARE IN A SAFE PLACE.

CHALLENGE

Write the label shame gave you.

Cross It Out.

Write: Forgiven. Restored. Still called. Still chosen.

I SHALL ARISE

*Hebrew: to stand, to be lifted,
to rise with strength and power.*

Romans 8:11 —

The Spirit that raised Jesus from the dead lives inside you.
Your rise is not just possible. It is supernatural.

Grace Is the Lifting Power

Not Self-Powered. God-Powered.

- Grace Forgives you —
 ...it wipes the record clean.
- Grace Repositions you —
 ...back inside God's story.
- Grace Resurrects you —
 ...it raises what shame buried.

*It does not lift you back to where you were.
It lifts you to where God always intended.*

**Power Truth —
When The Holy Ghost Lifts You,
He Releases The Version Of You ...
... Enemy Has Always Feared.**

CHALLENGE

*Stop dragging yourself back to a floor
Grace Already Lifted You From.*

Step 1 — Confess it.

Step 2 — Receive it.

Step 3 — Get Up! Now!

Come as you are. Come right now.

If you are tired of the floor — come.

If shame does all the talking — come.

If you fell in silence — come.

If you need to re/ dedicate your life to Christ — come

Nobody is judging. Heaven is waiting.

You do not have to clean yourself up to come.

Come — and let GRACE DO THE LIFTING.

ALTAR DECLARATION

Say it out loud right where you stand:

My fall is real — but it is not final.

I am not staying down on this floor.

Grace has already reached me here.

In Jesus' name — I receive the lifting.

Say it once for the fall.

Say it again for the rise.

GRACE ALREADY *REACHED THE FLOOR.*

I did not fall out of God's Hand.

I fell into His Mercy.

Shame said stay down. Grace said Stand Up.

My record is clean and My story is not finished.

Hold on to that — because Part Two is where you rise.