

↑ Look up



Where we look determines what we
EXPERIENCE.

Psalm 3:3 (ESV)

*But you, O Lord,
are a shield about me,
my glory, and the
lifter of my head.*

Psalm 121:1-2 (NIV)

A song of ascents.

¹ I lift up my eyes to the mountains—
where does my help come from?

² My help comes from the Lord,
the Maker of heaven and earth.

Isaiah 59:1-2 (NIV)

*Surely the arm of the Lord
is not too short to save,
nor his ear too dull to hear.*

*But your iniquities have
separated you from your
God; your sins have
hidden his face from you,
so that he will not hear.*

**God is able to do more when
we look to him FIRST.**

Hebrews 12:1-2 (NIV)

¹ Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, ² fixing our eyes on Jesus, the pioneer and perfecter of faith. For the joy set before him he endured the cross, scorning its shame, and sat down at the right hand of the throne of God.

How to begin LOOKING to Jesus as Lord:

- 1) Admit that you, like everyone else, need new LIFE in Jesus.
- 2) Ask God to forgive your sins by the sacrifice of Jesus.
- 3) Receive new LIFE from God by trusting in Jesus as your Savior & Lord.

You can do that right now by simply talking to God in a prayer like this:

Dear Lord Jesus, I know I am a sinner, and I ask for Your forgiveness. I believe You died for my sins and rose from the dead. Today, I receive you as my Savior; and I put my faith in you as my LORD. Help me to live for you all the days of my life. In Your name, Amen.

For Further Reflection:

:: For many of us, life has looked very different from 'our normal' over the last several weeks. In your new rhythm, what is keeping you from looking up?

:: Discuss how choosing to 'look up' is different than 'look down.'

:: As you look at the circumstances of your life right now, where have you experienced God's shielding and his saving arm?

:: How might God be inviting you to LOOK UP and experience Him differently?

:: What are some practical ways we can "look to God first" in our life?

:: Re-read Hebrews 12:1-2.

:: What is something you have "thrown off" (or still need to) to look up?

:: Where do you need to develop perseverance?

:: What does joy in the face of sorrow and loss look like?

:: What is one thing you can do this week to look up and fix your eyes on Jesus?

:: Ask someone you trust to pray for you as you seek to step toward doing that.

Unless otherwise noted, today's Scripture is from the New International Version [NIV].
Shawn Cossin (@shawncossin)– April 18 & 19, 2020

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