

THE 7-UPS OF LIFE – PART 2

05 February 2025



THE LORD'S FLOCK GROW DIGEST

Bro. Froilan L. Hong

Everything we do in life is a result of the choices we make. We are reaping the consequences of our choices, either positive or negative. Choosing to be happy and having a positive attitude is definitely a choice. The biblical foundation for that attitude is called the “Seven (7) UPs of Christian Life.”

1. WAKE-UP!

- 1.1 Rejoice for the great gift of the now and the present (Psalm 118:24).
- 1.2 Be happy and be glad for experiencing challenges of the day as they develop and improve our Christian attitude.
- 1.3 Thank God for His grace and mercy for teaching us how to become true Christians and how to develop the right attitude like Caleb (Numbers 13:30).
- 1.4 Ask for blessings for what we are to face this day; be positive, relaxed, and mindful (Proverbs 17:22; Philippians 4:8).

2. DRESS UP!

- 2.1 The best way to dress up, to put the finishing touches on our appearance is to put on a smile.
- 2.2 Spiritually, we have to put on the “Robe of Righteousness” (Isaiah 61:10); clothe ourselves with compassion, kindness, humility, gentleness & patience (Colossians 3:12).
- 2.3 God is not concerned with our outward appearance but on what is inside (1 Samuel 16:7).

3. SHUT UP!

- 3.1 If we cannot say anything nice about somebody, then say nothing at all (Ephesians 4:29-31).
- 3.2 Being careful of what we say keeps us out of trouble (Proverbs 21:23).
- 3.3. God gave us two (2) ears and one (1) mouth so that we can listen more and speak less.
- 3.4 Speaking hastily and thoughtlessly can bring trouble to us and also to others (Prov. 13:3).

4. **STAND UP!** As Christians, it is important that we stand up for our beliefs, for what we know to be true and right. The three (3) friends of Daniel stood firm in their conviction not to worship and bow down to the god of King Nebuchadnezzar. They were thrown into the blazing furnace but were not burned (Daniel 3:13-18).

5. **LOOK UP!** Look up to “Super God,” not to superman, who is much faster than a speeding locomotive to solve our problems. Let us not look at our own emotions and powers to extricate ourselves from complicated situations nor compare ourselves with others. Look up to the One who is magnificent and powerful.

6. **REACH UP!** Cultivate a deeper, more personal relationship with God, trusting His love, wisdom and providence. Seek spiritual connection with God for comfort, strength and support in times of need.

7. **LIFT UP!** Lift up to our Heavenly Father our wants, desires, or problems because He has the answer to everything. He commanded us not to be worried or anxious about anything (Phil. 4:6) and to lift up our needs to Him in prayer (Jeremiah 33:3).

Conclusion: Being “UP” is not difficult. It requires a conscious effort on our part to involve God in our daily lives. We must choose to WAKE UP with the realization that we are gifted with a new day to serve God; DRESS UP with a smile; SHUT UP and not say things we shouldn't.; STAND UP for our belief in God; LOOK UP to God for our needs; REACH UP to Him when everyone else fails; and LIFT UP to Him our burdens and our gratitude for what He has done for us.

Reflection: How do you remain **uplifted** when everything in your life seems down?

Prayer: *Heavenly Father, create in us clean hearts and the right spirit so that we can focus on how to be always “UP” and live a genuine Christian life. In Jesus’ Name. AMEN!*

SCRIBES MINISTRY: Transcribed by: Helen Angeles-Del Mundo

<https://lordsflock.org/teachings/digests>

Tags: #Rejoice, #Gratitude