

When you are down, look up!

Many times as Christians we feel cast down. We are “grieved by various trials” (1 Peter 1:6) and “we despair even of life” (2 Cor. 1:8). Yet when we are down, we should always look up! We should look up to Him “who comforts the downcast” (2

Cor. 7:6) and “who comforts us in all our tribulation, that we may be able to comfort those who are in any trouble, with the comfort with which we ourselves are comforted by God” (2 Cor. 1:4). The Apostle Paul said “we are hard-pressed on every side, yet not crushed; we are perplexed, but not in despair; persecuted, but not forsaken; struck down, but not destroyed” (2 Cor. 4:8-9). There are some noteworthy examples of men in the bible who turned to God in their distress.

They are:

The Psalmist

The Psalmist was cast down yet he remembered the Lord and his hope was renewed.

*"O my God, my soul is cast down within me: **therefore will I remember thee** from the land of Jordan, and of the Hermonites, from the hill Mizar. Deep calleth unto deep at the noise of thy waterspouts: all thy waves and thy billows are gone over me. Yet the LORD will command his lovingkindness in the daytime, and in the night his song shall be with me, and my prayer unto the God of my life. I will say unto God my rock, Why hast thou forgotten me? why go I mourning because of the oppression of the enemy? As with a sword in my bones, mine enemies reproach me; while they say daily unto me, Where is thy God? Why art thou cast down, O my soul? and why art thou disquieted within me? **hope thou in God:** for I shall yet praise him, who is the health of my countenance, and my God." (Psalm 42:6-11)*

Jonah

Jonah's soul fainted within him and he felt cast out of God's sight yet he remembered the Lord again and looked again to Him and his hope was renewed.

*"Then Jonah prayed to the Lord his God from the fish's belly. And he said: 'I cried out to the Lord because of my affliction, And He answered me. "Out of the belly of Sheol I cried, And You heard my voice. For You cast me into the deep, Into the heart of the seas, And the floods surrounded me; All Your billows and Your waves passed over me. **Then I said, 'I have been cast out of Your sight; Yet I will look again toward Your holy temple.'** The waters surrounded me, even to my soul; The deep closed around me; Weeds were wrapped around my head. I went down to the moorings of the mountains; The earth with its bars*

*closed behind me forever; Yet You have brought up my life from the pit, O Lord, my God. **"When my soul fainted within me, I remembered the Lord;** And my prayer went up to You, Into Your holy temple."* (Jonah 2:1-7)

The Apostle Paul

The Apostle Paul looked to God for strength and comfort in his time of distress

*"For we do not want you to be ignorant, brethren, of our trouble which came to us in Asia: that we were burdened beyond measure, above strength, so that we despaired even of life. Yes, we had the sentence of death in ourselves, **that we should not trust in ourselves but in God** who raises the dead, who delivered us from so great a death, and does deliver us; in whom we trust that He will still deliver us,"* (2 Corinthians 1:8-10)

In conclusion, look to God in your time of distress. He is there to lift you up and to renew your hope to continue. He is the light at the end of the tunnel. He will "never leave you nor forsake you" (Heb. 13:5) and He will be "with you always even to the end of the age" (Matt. 28:20). Jesus said "come to Me, all you who labor and are heavy laden, and I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and lowly in heart, and you will find rest for your souls. For My yoke is easy and My burden is light" (Matt. 11:28-30).

*O soul, are you weary and troubled?
No light in the darkness you see?
There's a light for a look at the Savior,
And life more abundant and free!*

*Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow strangely dim,
In the light of His glory and grace.*

*His Word shall not fail you—He promised;
Believe Him, and all will be well:
Then go to a world that is dying,
His perfect salvation to tell!*

*Turn your eyes upon Jesus,
Look full in His wonderful face,
And the things of earth will grow strangely dim,
In the light of His glory and grace.*