

# RISE ... TO CONTINUE YOUR FOCUS

## PSALM 121

April 5, 2020

To rise and face the overwhelming situations of life, you must take the 5 steps that are necessary to continue your focus as you seek help from God:

1. **STEP # 1 ... ADMIT THAT YOU NEED HELP !** (vs. 1)  
...Since you can't control everything, admit that you need HELP to face your overwhelming SITUATIONS.
2. **STEP # 2 ... ASK FOR HELP !** (vs. 2)  
...Connect to GOD through His CHURCH before you are overwhelmed, and you will know where to ask for HELP.
3. **STEP # 3 ... AGREE THAT YOU CAN SLIP UP !**  
(vs. 3-4)  
...You can SLIP UP when you face your overwhelming situation, but God, who is always WATCHING OVER you, will keep you SAFE if you FOLLOW Him.
4. **STEP # 4 ... ABIDE IN GOD'S PRESENCE .** (vs. 5-6)  
...Because God LOVES you, He will be with you in your overwhelming situation to bring GOOD out of it according to His PLAN for your LIFE.
5. **STEP # 5 ... ACCEPT GOD'S PROTECTION .** (vs. 7-8)  
...Accept God's protection in the 4 areas of your life directly affected by your overwhelming situation so that you can rise:
  - A. Accept God's Protection ... from EVIL ! (vs. 7a)
  - B. Accept God's Protection ... with your EMOTIONS ! (vs. 7b)
  - C. Accept God's Protection ... over your ENERGY ! (vs. 8a)
  - D. Accept God's Protection ... for ETERNITY ! (vs. 8b)