

He Lifted Me Up

“The Lord upholds all those who fall and He lifts up all who are bowed down.”
(Psalm 145:14)

“¹ I will exalt you, my God the King; I will praise your name for ever and ever. ² Every day I will praise you and extol your name for ever and ever. ³ Great is the LORD and most worthy of praise; his greatness no one can fathom. ⁴ One generation commends your works to another; they tell of your mighty acts. ⁵ They speak of the glorious splendor of your majesty— and I will meditate on your wonderful works. ⁶ They tell of the power of your awesome works— and I will proclaim your great deeds. ⁷ They celebrate your abundant goodness and joyfully sing of your righteousness. ⁸ The LORD is gracious and compassionate, slow to anger and rich in love. ⁹ The LORD is good to all; he has compassion on all he has made. ¹⁰ All your works praise you, LORD; your faithful people extol you. ¹¹ They tell of the glory of your kingdom and speak of your might, ¹² so that all people may know of your mighty acts and the glorious splendor of your kingdom. ¹³ Your kingdom is an everlasting kingdom, and your dominion endures through all generations. The LORD is trustworthy in all he promises and faithful in all he does. ¹⁴ The LORD upholds all who fall and lifts up all who are bowed down. ¹⁵ The eyes of all look to you, and you give them their food at the proper time. ¹⁶ You open your hand and satisfy the desires of every living thing. ¹⁷ The LORD is righteous in all his ways and faithful in all he does. ¹⁸ The LORD is near to all who call on him, to all who call on him in truth. ¹⁹ He fulfills the desires of those who fear him; he hears their cry and saves them. ²⁰ The LORD watches over all who love him, but all the wicked he will destroy. ²¹ My mouth will speak in praise of the LORD. Let every creature praise his holy name for ever and ever.” (Psalm 145:1-21 A psalm of praise. Of David.)

The Bible is the eternal and unchanging word of God. It nourishes our soul and refreshes our spirits. In times we see impossible things, the word of God brings forth new ways and open new doors ahead of us. In times we feel we are in the deep He sends someone to rescue

us, to bring us up again from the deep and dark valley. He lifts us up from the pit. He frees us from the trap and delivers us from our foes.

This is not an exaggeration but a true testimony. God and His word never fail. God and His word never disappoint us. God and His word is the greatest and the most optimum. His great work and miracles from the beginning to eternity testifies of HIM.

Life on earth may try us and make us so tried. Frequently we face difficulties and pressures. We may feel lonely and isolated from others. Our emotions may fail us. Our body’s health may exhaust us. Our pockets may be empty. Finances and economic forces may press us down. And no one around is willing to give us help or even no person is ready to listen to us. But praise be to God, the Lord who upholds all who fall and lifts up all who are bowed down. This is sometimes how the Lord works. His time is when we think the matter already ends to nothing. But when we fall down and bend our knees before Him, He upholds us and lifts us up.

- 1- Because, **“Great is the LORD and most worthy of praise”** – His greatness no one can fathom. No border or limit is God’s greatness. Whatever is there as great thing yet the Lord Jesus is God and the great King above all. To Him nothing is impossible. Whatever power is against us that we see as great, still God is the greatest and bigger than our problems.
- 2- **“They will speak with the glorious splendor of your majesty, and I will meditate on your wonderful works”** – God is the Creator of heaven and earth. His history with His people is full of great acts. He brought His people from Egypt out from slavery of Pharaoh. He drowned the army of Pharaoh in the Red Sea and His people went through the dry land. He fed them with manna for 40 years in the wilderness. Their clothes did not wear out and their feet did not swell during those 40 years of their journey. The Lord God walked with them and He brought them in a good land with streams and pools of water, with springs flowing in the valleys and hills, a land full with wheat and barley, vines, fig-tress,

pomegranates and olives – a land flowing with milk and honey.

- 3- **“The LORD is good to all; He has compassion on all He has made”** – This is what we need in times of loneliness and emptiness. With the pressures and difficulties we carry each day we need a compassionate heart, and open arms that is ready to rescue us. From the warmth and assurance of His hands the loneliness in our hearts and the tears from our eyes are wipe away. He heals our wounds and takes away our sorrows and pains.
- 4- **“The Lord is gracious and compassionate, Slow to anger and rich in love”** – In spite of human failures and sins that separated us from God the Lord’s concern and compassion to us remains the same. God sent His own Son Jesus. **“For God so loved the world that He gave His One and Only Son, that whoever believes in Him shall not perish but have eternal life.”** (John 3:16) The Lord Jesus Christ took away our infirmities and carried away our sorrows. He suffered for our sins, and the punishment that we should receive for our sins was upon Him. He suffered and died on the cross to give eternal life to those who believe in Him. **“You see, at just the right time, when we were still powerless, Christ died for the ungodly. Very rarely will anyone die for the righteous man, though for a good man someone might possibly dare to die. But God demonstrates His own love for us in this: While we were still sinners, Christ died for us.”** (Romans 5:6-8)
- 5- **“The eyes of all look to you, and you give them their food at the proper time. You open your hand and satisfy the desire of every living thing”** – The Lord God from Him comes our strength. From Him comes our daily provision; food, drink, clothes, shelter, and place to live. Not only material things, but also God satisfies our spiritual needs. Through reading His word in the Bible our souls are fed. **“The LORD is faithful to all His promises.”** God’s words build us up in the right and joyful way. It revives us and brings back our hope with confidence in God that He can do

all things. When God opens His hand He not only feed but He satisfies. Satisfaction is more important than fullness. We might be full but never satisfied. Because the LORD God Almighty is the only One who can satisfy us. He knows us well for He is the One who created us.

- 6- **“The Lord is righteous in all His ways and loving towards all He has made”** – The Lord is faithful and just. He is all-knowing God. He knows what is in the mind of each and everyone. He examines the heart and can reach the innermost of each soul. He gives everyone His rights and He rewards people according to their deeds. God never forgets the good things that you have done to Him or to His people. **“God is not unjust; He will not forget your work and the love you have shown Him as you have helped His people and continue to help them.”** (Hebrews 6:10)
- 7- **“The Lord is near to all who call on Him, to all who call on Him in truth”** – The Lord is near. If we call to HIM He answers us. When we are in trouble He feels our pain and sees our fear. He listens to our petition and answers our prayers. He delivers us from trials and protects us from the enemies. He fulfills our desire according to His word. He hears our cry and He is never late to save us.

My dear and beloved: If you are asking how to continue to live with your heavy load, know that the Lord is caring for the weak, the disadvantaged and the oppressed; God is especially interested with you. He is interested with those who are finding things difficult. God is always ready to listen to you and answer your need as you humble yourself and call upon HIM.

“Father God, I come before you in the name of Jesus who died for me to give me life abundantly. Lord, how great and awesome God You are! Gracious, loving and compassionate. Your kingdom is an ever-lasting kingdom, and your dominion endures to all generation. I praise you and exalt your Name. You open your hand and you satisfy me. You come near when I call upon you. You sincerely listen and gladly answer me. Lord Jesus, my mouth will forever speak praise to you. For You are my God, my Lord, my Saviour and my King. Amen!