

Whatever you do, don't look down!

*My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, and **I will look up.***

Psalms 5:3

I once went climbing one of the tallest mountains in New Zealand with a friend. As I stood ready to climb, I asked if he had any final instructions, any piece of useful advice. He said, '*whatever you do, don't look down*'. As I climbed with him, I soon realised the risk of my adventure and how useful it was to never look down. Life can be a risky adventure, but the way is up – never looking back and never looking down!

My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, and I will look up.

I will look up! I will not look down where is scary and challenging but I will look up. I will not look down to where I've been either, but I will look up to the new heights before me.

1. *My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, ...*

The presence of God is the best place to start every day, to start every venture, every step of faith, to fight every battle.

2. *My voice You shall hear in the morning, O Lord; In the morning I will direct it to You, and I will look up.*

Interestingly, the word in the Hebrew translated "look up" has a military connotation: like a soldier presenting himself to his commander to receive orders, or an army set in battle array in the field.

What that means is that when we come to Him, we come expecting to hear how He will direct every assignment and the kind of encouragement he has for every battle.

Psalms 85:8 - *I will hear what God the Lord will speak, for He will speak peace to His people and to His saints ...*

That word "look up" also means "to wait expectantly" – There is a sense of hope in 'looking up'.

The weather forecast for the day I was going to climb with my friend wasn't very hopeful, however, as we started walking, the weather looked absolutely perfect and my friend said something like, '**things are looking up**'.

We have all used that expression, especially in the good seasons of life. I love the optimism of that expression, how it carries the hope that things are improving, getting better.

However, the reality is that sometimes even when things seem to be looking up, they may not turn out that way: One hour into the climb we found ourselves surrounded by clouds and for once, the weather forecast was right. What were we to do?

I was reminded of my friend's words: *whatever you do, don't look down*. Eventually we reached the summit and even the weather cleared.

When things don't seem to be looking up... look up! We can't always control what happens around us, but we can control what we focus upon. The Bible says: *Look up! Don't look down*.

Looking up, means 3 things:

1. Looking unto Jesus, the author and finisher of our faith (Hebrews 12:2)

Psalms 34:4-5 - *I sought the Lord, and He heard me, and delivered me from all my fears. ⁵ They looked to Him and were radiant, and their faces were not ashamed.*

2. Looking to things above

Colossians 3:1-2 - *If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. ² Set your mind on things above, not on things on the earth.*

Keep looking higher to where God also is. The more you focus on earth the more limited your vision will be.

a) Even Jesus looked up

Matthew 14:15-20 ¹⁵ *When it was evening, His disciples came to Him, saying, "This is a deserted place, and the hour is already late. Send the multitudes away, that they may go into the villages and buy themselves food."* ¹⁶ *But Jesus said to them, "They do not need to go away. You give them something to eat."* ¹⁷ *And they said to Him, "We have here only five loaves and two fish."* ¹⁸ *He said, "Bring them here to Me."* ¹⁹ *Then He commanded the multitudes to sit down on the grass. And He took the five loaves and the two fish, and looking up to heaven, He blessed and broke and gave the loaves to the disciples; and the disciples gave to the multitudes. ²⁰ *So they all ate and were filled, and they took up twelve baskets full of the fragments that remained.**

b) God is a visionary God and He is always working to elevate our vision:

Genesis 13:14 - ¹⁴ *And the Lord said to Abram, after Lot had separated from him: "Lift your eyes now and look from the place where you are—northward, southward, eastward, and westward; ¹⁵ *for all the land which you see I give to you and your descendants forever. ¹⁶ *And I will make your descendants as the dust of the earth; so that if a man could number the dust of the earth, then your descendants also could be numbered. ¹⁷ *Arise, walk in the land through its length and its width, for I give it to you.*"***

Genesis 15:5 Modern English Version (MEV) *⁵He brought him outside and said, “Look up toward heaven and count the stars, if you are able to count them.” And He said to him, “So will your descendants be.”*

Look up. Whatever you do, don't look down. When things aren't looking up, resist the temptation to look down!

Psalms 3:3: *But You, O Lord, are a shield for me, My glory and the One who lifts up my head.*

God lifts your head, He elevates your vision, so you won't look down.

Psalms 121:1 TPT - *I look up to the mountains and hills, longing for God's help. But then I realize that our true help and protection come only from the Lord, our Creator who made the heavens and the earth.*

3. Look to the word of God

Jeremiah 2:31 - *“O generation, see the word of the Lord!”*

Revelation 1:12 - *I turned to see the voice that spoke with me. And having turned I saw seven golden lampstands ...*

You can't see a voice; you can hear it. However, when you have a bible you see the voice of the Lord, you see what He said.

If we want to look up, then we need to look into His word!

His Word is higher than anything. It contains thoughts that are higher than our thoughts (Isaiah 55:9) and that Word is forever settled in heaven (Psalms 119:89) - that is the highest place. Whatever you do, don't look down! Look up, to His word.

Conclusion:

Psalms 42:11 - *Why are you cast down, O my soul? and why are you disquieted within me? Hope in God; For I shall yet praise Him, the help of my countenance and my God.*

How is your soul today? Is it down? Look up even when things don't seem to be looking up.

- Look to Jesus
- Look to things above
- Look to His Word

Whatever you do, don't look down!