The Lord Upholds You

The steps of a good man are ordered by the lord, and

He delights in his way. Though he fall, he shall not

be utterly cast down; for the lord upholds him with

His hand (Psalm 37:23-24)

Has something so painful and overwhelming happened to you that it has affected every area of your life? Every time you kneel to pray, does your mind go back to the fact that someone broke your heart and wounded your spirit?

Have you experienced something so personally devastating that you can't discuss it with anyone? You find it difficult to trust people, and you don't know where to turn. You may feel as if everyone is grading you and evaluating your progress, when actually you are your own harshest judge.

You know you should be further along in life, but someone or some circumstance crippled your faith. Your hopes and dreams were never fulfilled.

You know you should have finished school; you know you should have been a teacher or a musician by now. By society's standards, you should already be married and have children.

Maybe you think your ministry should be further along or that you should have a successful career at this pin in your life. Your dreams and goals should have been fulfilled years ago, but you've been crippled. Don't give up. There is hope for you and healing for past hurts.

God has a way of bringing us out of bondage and then making us remember where we came from. When we, like Joseph, begin to experience success and victory. God will remind us that He opened the door of prison. He set us free.

CONSIDERATIONS

1. Has something or so painful and overwhelming happened to you that it has affected every area of your life? Write about it.

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2. Every time you kneel to pray, does your mind go back to the fact that someone broke your heart and wounded your spirit? Write about it.

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3. Have you experienced something so personally devastating that you can't discuss it with anyone?
   Write about it.

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4. God will bring you out of bondage and will soften the memories so you can live with them in peace. Write why you believe this truth and then trust God to make it so.

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5. When you experience success and victory. God will remind you that He opened the door of the prison and set you free. Thank Him

MEDITATION

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be utterly cast down; for the lord upholds him with

His hand. (Psalm 37:23-24)

Many have fallen because of drugs, lust, greed, false religion, and other worldly temptations; when they ask God for help, He gently lifts them up with His hand.