

“The Seven Ups”

A pastor once prepared a list of resolutions for himself. He called his list “The Seven Ups.” This had nothing to do with the soft drink, but had everything to do with attitudes toward Christian living.



1. **WAKE UP** – begin the day with the Lord. It is His day (Ps. 118:24). Rejoice in it. (Eph. 5:14; Rom. 13:11)
2. **DRESS UP** – put on a smile. It improves your looks. It says something about your attitude. (Col. 3:10, 12-14)
3. **SHUT UP** – watch your tongue (Proverbs list-Pr 6:17,24; Pr 10:20,31; Pr 12:18-19; Pr 15:2,4; Pr 16:1; Pr 17:4,20; Pr 18:21; Pr 21:6,23; Pr 25:15,23; Pr 26:28; Pr 28:23; Pr 31:26). Don't gossip. Say nice things. Learn to listen. (James 1:19; 1Tim. 5:13)
4. **STAND UP** – take a stand for what you believe. Resist evil. Do good.(Ps. 94:16; Eph. 6:13)
5. **LOOK UP** – open your eyes to the Lord. After all, He is your only Saviour and He has promised to return! (Luke 21:28)
6. **REACH UP** – spend time in prayer with adoration, confession, thanksgiving, and supplications to the Lord. (Heb. 4:16)
7. **LIFT UP** – be available to those in need, serving, supporting and sharing with each of them. (Heb. 12:12)

Whatever your goals for each day, may the Lord bless you and use you for His glory! Remember, you have *nothing to prove* but you do have Someone to please!

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