

2023



GET UP AND MOVE ON

GET UP SERIES

SMALL GROUP STUDY GUIDE

You have to get up and keep it moving. The moment you stand still the enemy can get you. You can be saved, called and chosen, but you're still wrapped in this flesh. You're going to make some mistakes, you're going to make messes and you're going to have to be mature enough to admit when you messed up.

The anointed, second King of Israel, David, a man after God's own heart makes a mess and God addresses it. King David acknowledges his mistake, repents, and still receives consequences due to his mess up, his flesh journey. Yet, God still uses him and we see how to *get up and move on*.

THIS WILL BE YOUR RECORD BREAKING YEAR.

THOSE THAT MADE A MESS IN THE BIBLE:

- Moses - **Anger**
- Abraham - **Age and Hagar**
- Elijah - **Emotional**
- Jonah - **Ministry**
- Peter - **Conviction**
- Thomas - **Faith**

YOU CAN'T KEEP BLAMING GOD FOR THE MESS YOU MADE. YOU HAVE TO OWN THAT YOU HAVE MADE A MESS.

2 Samuel 12:16-20 NIV - [16] David pleaded with God for the child. He fasted and spent the nights lying in sackcloth on the ground. [17] The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them. [18] On the seventh day the child died. David's attendants were afraid to tell him that the child was dead, for they thought, "While the child was still living, he wouldn't listen to us when we spoke to him. How can we now tell him the child is dead? He may do something desperate." [19] David noticed that his attendants were whispering among themselves, and he realized the child was dead. "Is the child dead?" he asked. "Yes," they replied, "he is dead." [20] Then David got up from the ground. After he had washed, put on lotions and changed his clothes, he went into the house of the Lord and worshiped. Then he went to his own house, and at his request they served him food, and he ate.

- Get up and move on. Some things you can't change.

YOU ARE NOT WHAT YOU DID!

THE FLESH JOURNEY

- From **Lust**
- To **Adultery**
- To **Murder**
- To **The Cover Up**
 - Never trust your flesh. It has a way of taking you further than you want to go.

A MESS

James 1:5 NIV - Then, after **desire** has conceived it gives birth to **sin**; and sin, when it is full-grown, gives birth to **death**.

- Everything you desire isn't for you. Some things are out to kill you, your assignment, and your name.

THE JUDGMENT

2 Samuel 12:13-14 NIV - Then David said to Nathan, "I have sinned against the Lord." Nathan replied, "The **Lord has taken away your sin. You are not going to die.** [14] But because by doing this you have shown utter contempt for the Lord, **the son born to you will die.**"

- Be grown enough to admit what you did.
- God can lift things off of you when you admit what you have done.

What consequences are you still struggling with as a result of a mess you created?

YOUR CONFESSION CAN RELEASE YOU.

THE REACTION

2 Samuel 12:16-17 NIV - [16] David **pleaded with God** for the child. He **fasted** and **spent the nights lying in sackcloth** on the ground. [17] **The elders of his household stood beside him to get him up from the ground, but he refused, and he would not eat any food with them.**

- PRAYED
- FASTED
- SACKCLOTH
- REPENT
- NO FELLOWSHIP

Recall a time in your life when you messed up. What was the situation? What did you do?

THE JUDGMENT

2 Samuel 12:18 NIV - *On the seventh day the child died.*

- You have to live with your mess. It's the wrong time to make a bigger mess because you didn't get what you wanted.

CROSS ROAD - TO SIT IN IT OR MOVE ON?

2 Samuel 12:19 NIV - *David noticed that his attendants were whispering among themselves, and he realized the child was dead. "Is the child dead?" he asked. "Yes," they replied, "he is dead."*

- The longer you sit in your mess the more you cut yourself off.
- You can't afford to die in a messy situation.

Are you letting your mess define you?

GET UP

2 Samuel 12:20a NIV - *Then David got up from the ground.*

- You can't get what is for you until you get up.

What mess are you wallowing in? How long do you plan to sit there?

CLEAN UP

2 Samuel 12:20b NIV - *After he had washed, put on lotions and changed his clothes,*

- You cannot look like the mess you've been in.

What is your current countenance? Do you wear what you have been through on your outer appearance? If so, why?

LIFT HIM UP

Samuel 12:20c NIV - *he went into the house of the LORD and worshiped.*

- Worship God even if the outcome is not what you wanted.

What will it take for you to worship God in the midst of your mess?

REASON TO WORSHIP

Samuel 12:13b NIV - *Nathan replied, "The Lord has taken away your sin. You are not going to die.*

- There are some things that will not change. Worship God anyway.

When was the last time you worshiped God for delivering you out of a mess you created? Do you still owe Him a worship?

EAT UP

2 Samuel 12:20d NIV - Then he went to his own house, and at his request they served him food, and he ate.

- Stop living beneath your privileges. There is so much more for you.

What are you feeding your spirit man?

YOUR CALLING IS BIGGER THAN YOUR MISTAKE.

Psalm 51:10-13 NIV - Create in me a clean heart, O God; And renew a right spirit within me. [11] Cast me not away from thy presence; and take not thy holy spirit from me. [12] Restore unto me the joy of thy salvation; And uphold me with thy free spirit. [13] Then will I teach transgressors thy ways; And sinners shall be converted unto thee.

- David wrote the 51st Psalm after his mistake.
- God did not deliver you to hide or be ashamed.
- What you have been through will allow you to impact the kingdom.

What testimony are you still holding on to? Why haven't you used it to bless others?

THE BLESSINGS ARE BIGGER THAN THE CONSEQUENCES.

QUESTION

How do you handle when God doesn't give you what you want?

DECLARATION

I will get up and move on.

PRAYER

Father, I acknowledge that I am not perfect and I have made a mess of things at times. Thank You for cleaning me up and giving me another chance to get it right. I promise to use my testimony to bring a breakthrough into the lives of others as I direct them to You. I will continually feed my spirit Your word that I may be strengthened. I will continually worship You even if I do not get what I want. Please get the glory out of my life, in Jesus' name, Amen!