

2023



# GET UP AND GET OVER IT

GET UP SERIES

JOINT SERMON WITH GUEST SPEAKER, PASTOR MARK VARUGHESE

SMALL GROUP STUDY GUIDE

For many of us, God is saying, "No more delay. It is your turn and your time to get up." Many of us are pointing to something as a reason why we can't get up.

In the book of Judges, it seems as though the Children of Israel were going in cycles, the 5S's:

1. Sin
2. Slavery
3. Supplication
4. Salvation
5. Silence

Let's learn from, "a mighty warrior," Gideon, who was chosen by God as a deliverer to save Israel from Midian. Although Gideon felt like the "least" and the "weakest," "unworthy" and "unable," he was the right one for the assignment. It's time to *get up and get over it*.

## **THIS WILL BE YOUR RECORD BREAKING YEAR.**

### **SIN**

*Judges 6:1a NIV - The Israelites did evil in the eyes of the Lord,*

- Sin will cause you to enter into or stay in a situation that was never meant for you. It can separate you from God.

*What sin can you identify that pulled you away from God? How long did you stray? How did you get back to God?*

### **SLAVERY**

*Judges 6:1b NIV - and for seven years he gave them into the hands of the Midianites.*

- God did not intend for us to live a life of bondage.

*What bondage are you currently entangled in? What will it take for you to become free?*

### **SUPPLICATION**

*Judges 6:7 NIV - When the Israelites cried out to the Lord because of Midian,*

- The children of Israel always cried out to the Lord.

*When was the last time you cried out to God? What was it about and how did He respond to your cry?*

## SALVATION

Judges 6:12, 14 NIV - [12] *When the angel of the Lord appeared to Gideon, he said, "The Lord is with you, mighty warrior."* [14] *The Lord turned to him and said, "Go in the strength you have and save Israel out of Midian's hand. Am I not sending you?"*

- God calls Gideon something that he has yet to become, "a mighty warrior."
- There is something in you that you haven't tapped into yet.

*What does salvation look like to you?*

## SILENCE

- Everyone cannot handle silence.
- There is no warfare in silence and often people revert back to the thing they were delivered from (sin).

*In your moments of silence and isolation, what are you doing?*

## SALVATION ON HOLD

Judges 6:15 NIV - *"Pardon me, my lord," Gideon replied, "but how can I save Israel? My clan is the weakest in Manasseh, and I am the least in my family."*

- You keep bringing up what you can't do, but God sees what is in you.
- You have everything you need, so get up and do it.
- Others are on hold until you do what God tells you to do.

*Who is waiting on you? What do you need to do for others to be set free?*

## GIDEON POINTS TOWARD THE TWO THINGS THAT DISQUALIFY HIM:

1. The weakest
2. The least

**THE DEVIL IS BORING AND USES THE SAME TRICKS.**

## UNWORTHY & UNABLE

Mark 2:3-11 NIV - [3] *Some men came, bringing to him a paralyzed man, carried by four of them.* [4] *Since they could not get him to Jesus because of the crowd, they made an opening in the roof above Jesus by digging through it and then lowered the mat the man was lying on.* [5] *When Jesus saw their faith, he said to the paralyzed man, "Son, your sins are forgiven."* [6] *Now some teachers of the law were sitting there, thinking to themselves, [7] "Why does this fellow talk like*

*that? He's blaspheming! Who can forgive sins but God alone?" [8] Immediately Jesus knew in his spirit that this was what they were thinking in their hearts, and he said to them, "Why are you thinking these things? [9] Which is easier: to say to this paralyzed man, 'Your sins are forgiven,' or to say, 'Get up, take your mat and walk'? [10] But I want you to know that the Son of Man has authority on earth to forgive sins." So he said to the man, [11] "I tell you, get up, take your mat and go home."*

- You may think that you are the "weakest" and the "least," but God created you to be the "mighty warrior." You are the Gideon of your family.

*What do you keep pointing to that stops you from doing what God told you to do? What are your excuses?*

**WHEN A FRIEND TELLS YOU TO GET UP, IT'S AN INSTRUCTION.  
WHEN JESUS TELLS YOU TO GET UP, IT'S A COMMAND THAT COMES  
WITH POWER, GRACE, ABILITY, AND STRENGTH.**

*What do you do when you know you're worthy, but still feel unable?*

*Matthew 28:20b KJV - and, lo, I am with you always, even unto the end of the world. Amen.*

**THE LORD WILL LEAVE YOU WITH A REMINDER.**

## **QUESTION**

*When God removes your excuses, are you willing?*

## **DECLARATION**

*I have to get up and get over it. I have no more excuses. Others are waiting on the other side of my "yes."*

## **PRAYER**

*Lord, I repent for every excuse I rendered unto You. I am available to be used by You. By faith Lord, I give You a "yes." I trust You to cleanse me from my sins and free me from bondage. I will walk in my salvation as the person You have changed me into. I will not hinder others through my disobedience. I say "yes" to You Lord, in Jesus' name, Amen!*