

Sermon Series: REVIVAL IS HERE

Sermon Title: "When All the Discouraged People Cheer Up"

Scripture: Matthew 9:1-8 (NIV)

REVIEW: When all the _____ (sleeping) people wake up, when all the _____ (gossips) shut up, when all the church members _____ (pray) up, when all the lukewarm people _____ (warm) up...

INTRO: Jesus wants to meet your spiritual, physical and _____ (emotional) needs!

HOW TO GET UP WHEN YOU ARE DOWN?

-“when Jesus saw their faith, he said to the paralytic, ‘take heart son’” (Matthew 9:2)

-“a happy heart makes the face cheerful, but heartache crushes the spirit...all the days of the oppressed are wretched, but the cheerful heart has a continual feast” (Proverbs 15:13-15)

-“be of good cheer...it is I...don't be afraid” (Mark 6:50)

-“get up, take your mat and go home” (Matthew 9:6)

1. Quit _____ (worrying)

-“worrying is like sitting in a rocking chair, it gives you something to do, but you never get anywhere” (Allen Gallimore)

-is worry a sin?

-Jesus says “do not worry” (Matthew 6:25-34)

2. Talk to your _____ (best) friend

-What a Friend We Have in Jesus...O what needless pain we bear, all because we do not carry everything to God in prayer!

-Little boy “But I want someone with skin on!”

3. Start _____ (praising) God

-music & singing

-memorize scripture

-meditation

4. Live _____ (one) day at a time

-yesterdays gone, tomorrow may never come

-take care of your physical & mental health

-celebrate small achievements

CLOSE: “Everything can be taken from a man but one thing: the last of the human freedoms...to _____ (choose) one's attitude in any given set of circumstances, to _____ (choose) one's own way.” (Victor Frankl)

GET UP!!!