

Introduction: This past Wednesday (9/10/2025) was a very _____ day in American history. Our nation has lost it civility.

Therefore, as Christians we must ____ remain silent any longer – we must use our freedom of speech and SPEAK!

So, what do we do to pick up the _____ and to run the race?" Well, the Bible gives us many "ups" that describe how believers should live, but in this sermon, I want to focus on just three "Ups'". What are they?

1. _____ **Up** – *Ephesians 5:14*

"Wake up, sleeper, rise from the dead, and Christ will shine on you."

What a challenging message today! It's time for people to _____ up – you have slept along enough.

Waking the Dead

There are far too many Christians who are _____ asleep. They are not engaged in the church, nor the culture around them.

methods to wake her. He may send trial, persecution, or loss until His people cry out to Him again."
Romans 13:11 - "The hour has already come for you to wake up from your slumber, because our salvation is nearer now than when we first believed."
Because the hour is late it is time for the Church to up and to allow Christ to shine on you.
Hear me today – We cannot allow ourselves to hit the button or our spiritual lives any longer.
2 Up – Ephesians 6:13
"having done all, to stand firm."
This verse is found in the passage in Ephesians that reminds us that the Christian life is a ground (we are in a spiritual war), and we have a very real enemy – the devil. He is called the accuser of the brethren (Revelation 12:10).
The word "stand" means to your feet firmly.
God's people are told three times in Ephesians 6:11-14 to stand:
What does standing look like in today's culture?
In a world that truth we as believers are called to remind the world that truth exists.
Dr. John MacArthur taught. "The church must be steadfast in the Word of

God. When the culture drifts into error, the believer cannot drift; we must

stand unmovable in the truth of Scripture."

-	ust stop n it's unpopular.	We must stand up for God's
•		Be ready in season and out of season. gsuffering and teaching."
3	Up - Acts 4:20	
"For we canno	ot but speak the things	s which we have seen and heard."
message of Jesu right in the sight	is Christ to themselve t of God to listen to yo	old to be, and to keep the s. They answered them, "Whether it is ou more than to God, you judge. For we have seen and heard." (Acts 4:19-20).
And we as the	Church must not be	either.
What is the found in 1 Corin		pel message only has three points as
	5:21 - "For He made H ne the righteousness o	Him who knew no sin to be sin for us, that of God in Him."
you; and you sh	•	ver when the Holy Spirit has come upon e in Jerusalem, and in all Judea and
	ot in our strengtl that raised Jesus from	h, but in the of the Holy Spirit – n the dead.

It costs to stand for truth. Listen to this list I prepared:

Charlie Kirk said, "You cannot have if you do not have a Christian population."
Witnesses share what they have and (Look back at Acts 4:20).
Be Bold 4 Jesus
Your Personal Testimony
4. Up – Ephesians 4:15
"we will grow up to become in every respect the mature body of him who is the head, that is, Christ."
1 Corinthians 13:11 - "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things."
Every Christian must set a goal to in their spiritual life. It doesn't happen by osmosis. You must develop a plan for spiritual growth.
Wall Height Chart
 Maturity means moving from milk to (1 Corinthians 3:1-3; Hebrews 5:11-14).
 Pursue deeper discipleship, not faith (2 Peter 3:18).
Here are five practical ways to Grow Up:

Conclusion: