

Keep Your Head Up

Jesse Berthold / April 29, 2026

Wednesday Night

Psalm 42 (NKJV)

As the deer ^[b]pants for the water brooks,
So pants my soul for You, O God.

2

My soul thirsts for God, for the living God.
When shall I come and ^[c]appear before God?

3

My tears have been my food day and night,
While they continually say to me,
“Where *is* your God?”

4

When I remember these *things*,
I pour out my soul within me.
For I used to go with the multitude;
I went with them to the house of God,
With the voice of joy and praise,
With a multitude that kept a pilgrim feast.

5

Why are you ^[d]cast down, O my soul?
And *why* are you disquieted within me?
Hope in God, for I shall yet praise Him
^[e]For the help of His countenance.

6

☞ O my God, my soul is cast down within me;
Therefore I will remember You from the land of the Jordan,
And from the heights of Hermon,
From ☞ the Hill Mizar.

7

Deep calls unto deep at the noise of Your waterfalls;
All Your waves and billows have gone over me.

8

The LORD will command His lovingkindness in the daytime,
And in the night His song *shall be* with me—
A prayer to the God of my life.

9

I will say to God my Rock,
“Why have You forgotten me?
Why do I go mourning because of the oppression of the enemy?”

10

As with a ☞ breaking of my bones,
My enemies ☞ reproach me,
While they say to me all day long,
“Where is your God?”

11

Why are you cast down, O my soul?
And why are you disquieted within me?
Hope in God;
For I shall yet praise Him,
The ☞ help of my countenance and my God.

John 5:1-16 (NKJV)

After this there was a feast of the Jews, and Jesus went up to Jerusalem. ² Now there is in Jerusalem by the Sheep Gate a pool, which is called in Hebrew, ^[a]Bethesda, having five porches. ³ In these lay a great multitude of sick people, blind, lame, ^[b]paralyzed, ^[c]waiting for the moving of the water. ⁴ For an angel went down at a certain time into the pool and stirred up the water; then whoever stepped in first, after the stirring of the water, was made well of whatever disease he had. ⁵ Now a certain man was there who had an infirmity thirty-eight years. ⁶ When Jesus saw him lying there, and knew that he already had been *in that condition* a long time, He said to him, "Do you want to be made well?"

⁷ The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up; but while I am coming, another steps down before me."

⁸ Jesus said to him, "Rise, take up your bed and walk." ⁹ And immediately the man was made well, took up his bed, and walked.

And that day was the Sabbath. ¹⁰ The Jews therefore said to him who was cured, "It is the Sabbath; it is not lawful for you to carry your bed."

¹¹ He answered them, "He who made me well said to me, 'Take up your bed and walk.' "

¹² Then they asked him, "Who is the Man who said to you, 'Take up your bed and walk'?"

¹³ But the one who was healed did not know who it was, for Jesus had withdrawn, a multitude being in *that* place. ¹⁴ Afterward Jesus found him in the temple, and said to him, "See, you have been made well. Sin no more, lest a worse thing come upon you."

¹⁵ The man departed and told the Jews that it was Jesus who had made him well.

Honor the Father and the Son

¹⁶ For this reason the Jews persecuted Jesus, ^[d]and sought to kill Him, because He had done these things on the Sabbath.

3 John 2 (NKJV)

² Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.