

Sermon Title: Joseph: Rise up!

What is the difference between a habit and a tradition?

Directional Awareness Exercise

- When asked to locate God, why did we all point **up**?

Psalm 84: It teaches us 3 main things about our relationship with God and about blessings

1. The first four verses say that blessed is the person whose delight is in the Lord.
 - a. If our delight is in God then we should be open to God showing us what is wrong in our life and **we should be willing to change for Him!**
2. The second four verses say that blessed is the person whose strength comes from the Lord.
 - a. Over and over again we see examples of people who try to do things on their own strength fail, and people who rely on God's strength can do anything.
3. The last four verses say that **blessed is the person whose trust is in the Lord.**
 - a. Only the Lord is faithful, only the Lord is worthy of your trust because he has come through every time where people often abandon us when we need them the most.

The type of Psalm that we are studying this week is called the **Psalms of Ascent**

- They are Psalms 120-134, and they are Psalms that were all put to music, and to be sung by people as they journeyed to Jerusalem. This is why they are sometimes called pilgrimage Psalms.
- They are called the Psalms of Ascent though in particular because they were to be sung as you ascended the last 15 stairs going up to the Temple Mount.
- So for the Jews in the days of Temple worship, God was physically elevated from wherever they were, they had many stairs to climb to get to the Temple, so there was effort put forth to get closer to God. Many men made that famous trip.
- Today, God lives inside of us through the Holy Spirit, and our **journey to get closer to God is more of a spiritual journey;** through discipline, worship, reading God's word, and serving we become

more and more like Jesus instead of making a pilgrimage to a specific place.

- Our journey to be more like Jesus is the most important journey that a Christian can make. In fact it is commanded of us. (1 Corinthians 11:1, Romans 12:1-2, John 3:30)

Our goal of a life dedicated to Christ is a life in which we rise up.

- This is done by making an effort in your life to be more like Jesus Christ in your thoughts, your words, your actions, and in your heart.
- That it is a choice that you have to make daily by changing your routines.
- God started you on this journey the day you were born again, and he will be faithful to be there for you each and every time that you reach out for his hand.

Is your prayer life with God more like a habit or more like a tradition?

- We rarely look forward to something that is a habit.
- Matthew 12:34, "Out of the abundance of the heart, the mouth speaks." Jesus is telling us that what we say comes from what is abundant in our heart, and I believe that is true in our prayer life as well.

Challenges: hopefully **they will lead us all to rise up** a little more this week!

1. Read through the Psalms of Ascent this week.
 - a. Please don't just read them because I asked you to, read them with the intent of preparing your heart to worship the living God!
2. **Spend some time in the house of the Lord.**
 - a. And I believe that also speaks to being around other Christians as well, not just being in God's house
3. Embody the words of Psalm 84
 - a. How can your delight, your strength, and your trust be in the Lord?

I pray that the only real direction you look towards is up, rising up so that Jesus Christ might increase in you, and you become less and less. So one day people will only see Jesus when they look at you.

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Directional Awareness Exercise

- When asked to locate God, why did we all point ____?

Psalm 84: It teaches us 3 main things about our relationship with God and about blessings

4. The first four verses say that blessed is the person whose delight is in the Lord.
 - a. If our delight is in God then we should be open to God showing us what is wrong in our life and we should be willing to _____!
5. The second four verses say that blessed is the person whose strength comes from the Lord.
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6. The last four verses say that blessed is the person whose _____ is in the Lord.
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